



Chicken and Squash Quesadillas

READY IN



25 min.

SERVINGS



4

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz butternut squash green 100% giant®
- 1 cup roasted chicken diced cooked
- 8 8-inch flour tortilla ()
- 0.3 cup salsa
- 6 oz cheddar cheese shredded

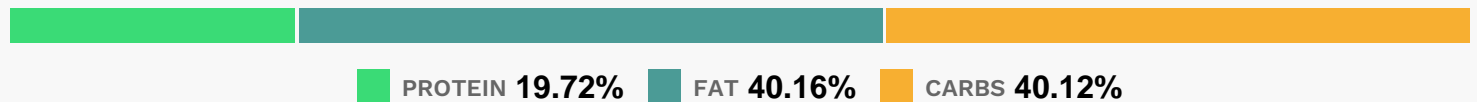
Equipment

- bowl
- frying pan

Directions

- In medium bowl, mix cheese, chicken, 1/3 cup salsa and the squash purée.
- Spray 1 side of 1 tortilla with cooking spray; place sprayed side down in 10-inch skillet.
- Spread with one-fourth of the chicken mixture. Top with another tortilla; spray top of tortilla with cooking spray.
- Cook over medium heat about 2 minutes or until golden brown. Carefully turn quesadilla over; cook 1 to 2 minutes or until golden brown. Repeat with remaining tortillas and chicken mixture. To serve, cut quesadillas into wedges.
- Serve with sour cream and additional salsa.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:16.2, Inflammation Score:-10, Nutrition Score:23.98086971822%

Nutrients (% of daily need)

Calories: 563.11kcal (28.16%), Fat: 25g (38.46%), Saturated Fat: 11.79g (73.67%), Carbohydrates: 56.2g (18.73%), Net Carbohydrates: 51.67g (18.79%), Sugar: 5.37g (5.97%), Cholesterol: 68.77mg (22.92%), Sodium: 1198.35mg (52.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.24%), Vitamin A: 3558IU (71.16%), Selenium: 43.73µg (62.47%), Phosphorus: 488.37mg (48.84%), Calcium: 473.44mg (47.34%), Vitamin B3: 7.87mg (39.36%), Vitamin B1: 0.58mg (38.87%), Vitamin B2: 0.54mg (31.72%), Manganese: 0.6mg (29.79%), Folate: 115.08µg (28.77%), Iron: 4.48mg (24.91%), Zinc: 2.72mg (18.13%), Fiber: 4.53g (18.11%), Vitamin B6: 0.31mg (15.74%), Magnesium: 54.16mg (13.54%), Potassium: 396.08mg (11.32%), Vitamin B12: 0.55µg (9.2%), Vitamin K: 9.59µg (9.13%), Copper: 0.17mg (8.73%), Vitamin B5: 0.84mg (8.4%), Vitamin C: 6.37mg (7.72%), Vitamin E: 0.99mg (6.61%), Vitamin D: 0.26µg (1.7%)