



## Chicken and Squash Quesadillas

READY IN



25 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 oz cheddar cheese shredded
- 1 cup roasted chicken diced cooked
- 0.3 cup salsa
- 4 oz butternut squash 100%
- 8 8-inch flour tortilla ()
- 1 serving pam original flavor shopping list
- 1 serving cream sour
- 1 serving salsa

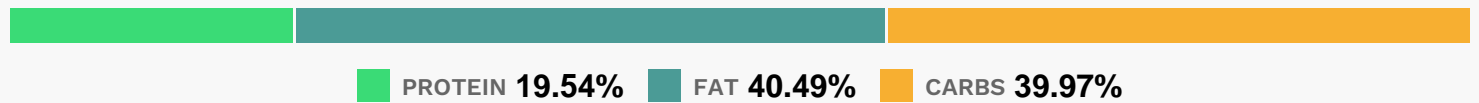
# Equipment

- 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:24.366956534593%

# Nutrients (% of daily need)

Calories: 571.57kcal (28.58%), Fat: 25.61g (39.41%), Saturated Fat: 12.09g (75.59%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 52.21g (18.99%), Sugar: 5.78g (6.42%), Cholesterol: 70.54mg (23.51%), Sodium: 1251.77mg (54.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.62%), Vitamin A: 3615.09IU (72.3%), Selenium: 43.91µg (62.73%), Phosphorus: 493.21mg (49.32%), Calcium: 478.71mg (47.87%), Vitamin B3: 7.96mg (39.82%), Vitamin B1: 0.59mg (39.09%), Vitamin B2: 0.55mg (32.17%), Manganese: 0.61mg (30.26%), Folate: 115.58µg (28.9%), Iron: 4.52mg (25.11%), Fiber: 4.67g (18.68%), Zinc: 2.74mg (18.3%), Vitamin B6: 0.33mg (16.51%), Magnesium: 55.66mg (13.92%), Potassium: 420.47mg (12.01%), Vitamin K: 9.97µg (9.49%), Vitamin B12: 0.56µg (9.31%), Copper: 0.18mg (9.01%), Vitamin B5: 0.87mg (8.67%), Vitamin C: 6.54mg (7.93%), Vitamin E: 1.1mg (7.34%), Vitamin D: 0.26µg (1.7%)