



## Chicken-Chile Quesadillas

READY IN



20 min.

SERVINGS



8

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter melted
- 4.5 oz chilis green chopped canned
- 11.5 oz flour tortilla for burritos (8 tortillas)
- 0.3 cup spring onion sliced (4 medium)
- 2 cups rotisserie chicken cut shredded finely chopped (from 2- to 2 1/2-lb chicken)
- 1 cup salsa thick
- 8 oz cheddar cheese shredded finely

### Equipment

frying pan

spatula

## Directions

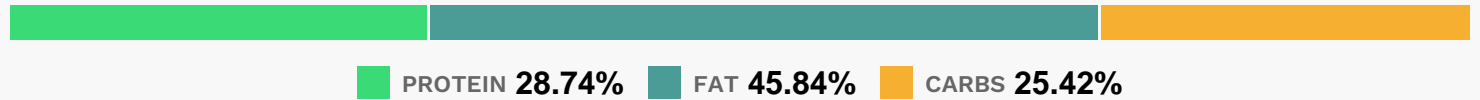
Top one half of each tortilla with cheese, chicken, green chiles and onions. Fold other half of each tortilla over filling; press down with back of pancake turner. Lightly brush melted butter on both sides of each filled tortilla.

Heat 12-inch nonstick skillet over medium heat. Cook 2 filled tortillas at a time 3 to 4 minutes, turning once, until golden brown and thoroughly heated.

Cut into wedges.

Serve with salsa.

## Nutrition Facts



## Properties

Glycemic Index:8.25, Glycemic Load:6.41, Inflammation Score:-5, Nutrition Score:9.8043478338615%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 373.96kcal (18.7%), Fat: 19.1g (29.38%), Saturated Fat: 7.89g (49.31%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 21.46g (7.8%), Sugar: 3.18g (3.54%), Cholesterol: 83.71mg (27.9%), Sodium: 987.27mg (42.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.94g (53.88%), Calcium: 264.46mg (26.45%), Phosphorus: 222.24mg (22.22%), Selenium: 13.7µg (19.57%), Vitamin B1: 0.23mg (15.1%), Folate: 53.94µg (13.48%), Vitamin B2: 0.22mg (13.18%), Manganese: 0.25mg (12.46%), Vitamin B3: 2.31mg (11.57%), Iron: 2.04mg (11.34%), Vitamin K: 11.48µg (10.93%), Vitamin A: 519.27IU (10.39%), Fiber: 2.36g (9.45%), Vitamin C: 6.67mg (8.08%), Zinc: 1.16mg (7.74%), Vitamin B6: 0.12mg (5.99%), Vitamin B12: 0.35µg (5.87%), Magnesium: 22.3mg (5.57%), Potassium: 187mg (5.34%), Vitamin E: 0.59mg (3.95%), Copper: 0.07mg (3.66%), Vitamin B5: 0.22mg (2.22%)