



Chicken & chorizo quesadilla

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp olive oil
- ☐ 1 shallots sliced
- ☐ 100 g chorizo diced
- ☐ 2 chicken breast strips/pre-cooked/chopped shredded cooked
- ☐ 2 plum tomatoes diced
- ☐ 320 g tortillas soft
- ☐ 200 g cheddar cheese grated
- ☐ 1 small bunch cilantro leaves roughly chopped

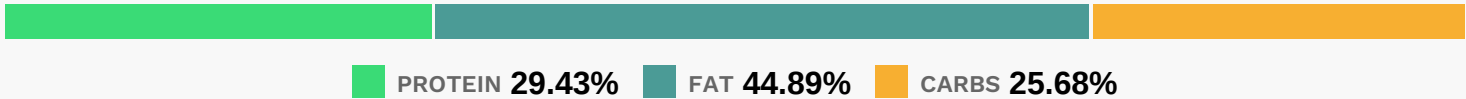
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat the oil in a pan and cook the shallot and chorizo for 5 mins until the shallot is softened. Stir in the chicken and tomatoes.
- ☐ Remove from the heat.
- ☐ Put half the tortillas onto baking sheets.
- ☐ Spread a little chicken mixture on each one. Scatter over the cheese and coriander. Sandwich with the remaining tortillas. You can make up to this point 2 hrs ahead.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Cook the tortillas for 3 mins. Using a fish slice, turn each one over. Cook for 3 mins more until both sides are golden. Put on a board, slice into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:8.93, Inflammation Score:-6, Nutrition Score:17.034782565158%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 455.08kcal (22.75%), Fat: 22.31g (34.33%), Saturated Fat: 10.13g (63.34%), Carbohydrates: 28.71g (9.57%), Net Carbohydrates: 26.43g (9.61%), Sugar: 2.97g (3.3%), Cholesterol: 92.48mg (30.83%), Sodium: 655.29mg (28.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.92g (65.84%), Selenium: 37.21µg (53.16%), Vitamin B3: 10.38mg (51.91%), Phosphorus: 401.35mg (40.14%), Calcium: 326.64mg (32.66%), Vitamin B1: 0.33mg (21.94%), Vitamin B2: 0.37mg (21.75%), Vitamin B6: 0.43mg (21.57%), Iron: 3.04mg (16.89%), Folate: 64.77µg (16.19%),

Manganese: 0.32mg (15.9%), Zinc: 2.14mg (14.25%), Vitamin A: 667.86IU (13.36%), Vitamin K: 11.06µg (10.54%),
Magnesium: 40.85mg (10.21%), Fiber: 2.29g (9.14%), Vitamin B12: 0.55µg (9.14%), Potassium: 308.96mg (8.83%),
Vitamin B5: 0.82mg (8.16%), Copper: 0.11mg (5.67%), Vitamin E: 0.66mg (4.4%), Vitamin C: 3.52mg (4.27%), Vitamin
D: 0.26µg (1.72%)