



Chicken & Corn Quesadillas

READY IN



25 min.

SERVINGS



25

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tsp chili powder
- 8 8-inch flour tortillas (7 to)
- 2 cups regular corn frozen thawed drained
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 cup cheese shredded mexican style divided kraft
- 0.5 lb chicken breasts boneless skinless cut into thin strips

Equipment

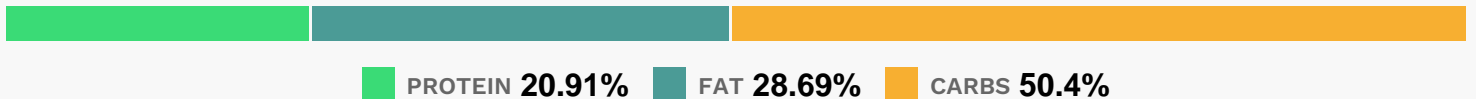
- frying pan

- baking sheet
- aluminum foil
- broiler
- spatula

Directions

- Preheat broiler. Spray large nonstick skillet with cooking spray.
- Heat on medium heat.
- Add chicken and chili powder; cook and stir 2 minutes.
- Add corn and 2 Tbsp. of the salsa; cook and stir 3 minutes or until chicken is cooked through and sauce is thickened.
- Spray tops of 4 of the tortillas with cooking spray.
- Place, sprayed sides down, on large foil-covered baking sheet.
- Sprinkle with half of the cheese; top with chicken mixture, remaining cheese and remaining tortillas. Spray tops of tortillas with cooking spray.
- Broil, 4 to 5 inches from heat, 3 minutes or until golden brown. Turn quesadillas over with large spatula; continue broiling an additional 3 minutes or until second side is golden brown and cheese is melted.
- Cut each into 4 wedges.
- Serve with the remaining salsa.

Nutrition Facts



Properties

Glycemic Index:1.36, Glycemic Load:2.55, Inflammation Score:-2, Nutrition Score:4.0639130427786%

Nutrients (% of daily need)

Calories: 91.37kcal (4.57%), Fat: 2.96g (4.55%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 10.59g (3.85%), Sugar: 0.87g (0.97%), Cholesterol: 10.06mg (3.35%), Sodium: 196.15mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.71%), Selenium: 7.41µg (10.59%), Vitamin B3: 1.98mg (9.89%), Phosphorus: 86.09mg (8.61%), Vitamin B1: 0.1mg (6.99%), Vitamin B6: 0.12mg (5.88%), Manganese: 0.11mg

(5.67%), Calcium: 56.5mg (5.65%), Folate: 21.83µg (5.46%), Vitamin B2: 0.08mg (4.98%), Iron: 0.8mg (4.45%), Fiber: 1.11g (4.44%), Potassium: 114.21mg (3.26%), Magnesium: 12.39mg (3.1%), Zinc: 0.39mg (2.57%), Vitamin A: 121.78IU (2.44%), Vitamin B5: 0.22mg (2.18%), Vitamin K: 1.75µg (1.67%), Copper: 0.03mg (1.64%), Vitamin C: 1.16mg (1.41%), Vitamin B12: 0.07µg (1.22%), Vitamin E: 0.17mg (1.16%)