



Chicken Fajita Quesadillas

READY IN



30 min.

SERVINGS



30

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup black beans canned rinsed
- 0.8 cup onions and pepper strips red sliced
- 0.5 cup taco bell® & chunky salsa thick
- 1.5 cups milk sharp cheddar cheese shredded 2% kraft
- 0.5 lb chicken breasts boneless skinless cut into thin strips
- 6 6-inch tortillas whole wheat ()

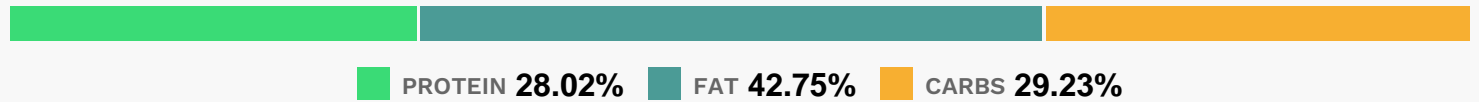
Equipment

- frying pan

Directions

- Cook and stir chicken in large skillet sprayed with cooking spray on medium heat 4 min. or until done.
- Add onions and peppers; cook 4 to 5 min. or until crisp-tender. Stir in salsa and beans; cook 3 min. or until heated through, stirring occasionally.
- Spoon 1/4 cup chicken mixture onto half of each tortilla; sprinkle with cheese. Fold tortillas in half.
- Add quesadillas, in batches, to separate large skillet sprayed with cooking spray; cook on medium heat 2 min. on each side or until lightly browned on both sides.

Nutrition Facts



Properties

Glycemic Index:1.8, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.9634782542353%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 52.16kcal (2.61%), Fat: 2.48g (3.82%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.13g (1.14%), Sugar: 0.58g (0.65%), Cholesterol: 10.49mg (3.5%), Sodium: 117.66mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Selenium: 4.11µg (5.88%), Calcium: 52.7mg (5.27%), Phosphorus: 47.4mg (4.74%), Vitamin B3: 0.86mg (4.31%), Vitamin B6: 0.07mg (3.73%), Fiber: 0.69g (2.76%), Vitamin B2: 0.04mg (2.26%), Zinc: 0.28mg (1.88%), Potassium: 58.17mg (1.66%), Vitamin A: 79.88IU (1.6%), Vitamin B5: 0.15mg (1.5%), Magnesium: 5.54mg (1.39%), Iron: 0.24mg (1.35%), Vitamin B12: 0.08µg (1.25%), Folate: 4.17µg (1.04%)