



WHATSheATE



Chicken Fajita Quesadillas



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups jack and cheddar shredded



0.5 pound chicken breast cut into thin slices



0.5 tablespoon chili powder



1 teaspoon cumin toasted



1 clove garlic chopped



0.5 bell pepper green sliced



4 tablespoons guacamole



1 juice of lime

- ☐ 1 tablespoon oil
- ☐ 1 onion sliced
- ☐ 0.5 teaspoon oregano
- ☐ 0.5 bell pepper red sliced
- ☐ 4 tablespoons salsa
- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 4 10-inch tortillas ()

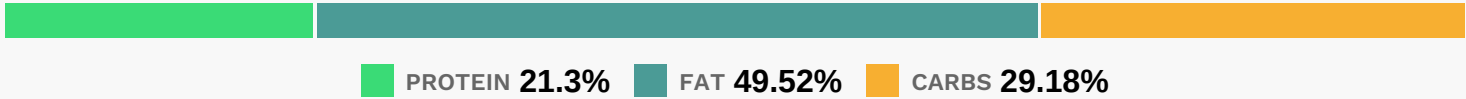
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Marinate the chicken in the oil, lime juice, chili powder, cumin, oregano, garlic, salt and pepper in the fridge for 30 minutes to a few hours.Grill the chicken over medium-high heat until cooked, about 2-3 minutes per side. (Reserve the marinade.)
- ☐ Heat the oil in a pan.
- ☐ Saute the onions until tender, about 5-7 minutes.
- ☐ Add the peppers and the remaining marinade and saute until the peppers are tender, about 5-7 minutes.Melt a touch of butter in a pan over medium heat.
- ☐ Place a tortilla into the pan, swirl it around in the butter.
- ☐ Sprinkle half of the cheese over half of the tortilla followed by 1/2 cup of the chicken fajitas, 1 tablespoon salsa, the remaining cheese and finally fold over the tortilla.Cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:12.29, Inflammation Score:-9, Nutrition Score:27.537826237471%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 607.81kcal (30.39%), Fat: 33.62g (51.72%), Saturated Fat: 14.48g (90.48%), Carbohydrates: 44.56g (14.85%), Net Carbohydrates: 39.2g (14.25%), Sugar: 6.08g (6.75%), Cholesterol: 96.33mg (32.11%), Sodium: 1271.9mg (55.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.06%), Selenium: 50.68µg (72.4%), Phosphorus: 562.66mg (56.27%), Calcium: 540.22mg (54.02%), Vitamin B3: 9.91mg (49.53%), Vitamin C: 38.16mg (46.25%), Vitamin B6: 0.72mg (36.14%), Vitamin B2: 0.58mg (33.95%), Vitamin A: 1552.19IU (31.04%), Vitamin B1: 0.46mg (30.71%), Folate: 108.74µg (27.18%), Manganese: 0.53mg (26.58%), Fiber: 5.36g (21.45%), Iron: 3.79mg (21.04%), Zinc: 3.12mg (20.78%), Potassium: 605.73mg (17.31%), Vitamin K: 17.66µg (16.82%), Vitamin E: 2.44mg (16.26%), Magnesium: 63.7mg (15.93%), Vitamin B5: 1.54mg (15.44%), Vitamin B12: 0.72µg (12.08%), Copper: 0.19mg (9.55%), Vitamin D: 0.4µg (2.64%)