



## Chicken, Mushroom, and Gruyere Quesadillas

READY IN



30 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup arugula
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon bottled garlic minced
- ☐ 8 ounces chicken breast shredded cooked
- ☐ 2 10-inch flour tortillas fat-free ()
- ☐ 2 ounces gruyère cheese shredded
- ☐ 1 cup pre mushrooms
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion thinly sliced

- ☐ 1 tablespoon red wine vinegar
- ☐ 0.1 teaspoon salt

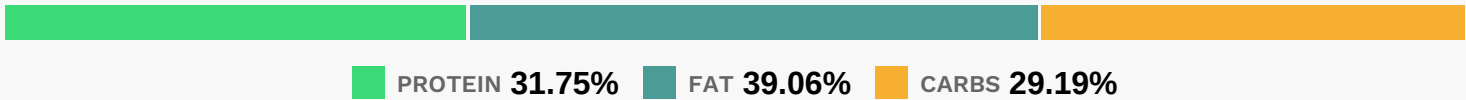
## Equipment

- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add mushrooms, sliced onion, salt, and pepper to pan; saut 5 minutes. Stir in garlic, and saut 30 seconds.
- ☐ Add vinegar; cook 30 seconds or until liquid almost evaporates.
- ☐ Arrange half of mushroom mixture over half of each tortilla. Top each tortilla with 1/2 cup chicken, 1/2 cup arugula, and 1/4 cup cheese; fold tortillas in half.
- ☐ Wipe pan clean with a paper towel.
- ☐ Heat pan over medium heat. Coat pan with cooking spray.
- ☐ Add tortillas to pan.
- ☐ Place a heavy skillet on top of tortillas; cook 2 minutes on each side or until crisp.
- ☐ Combine 4 cups (1/2-inch) cubed seedless watermelon, 1 1/2 cups (1/2-inch) cubed peeled jicama, 1 cup chopped English cucumber, and 1/2 cup chopped red onion.
- ☐ Add 2 tablespoons fresh lemon juice, 2 teaspoons sugar, and 1 teaspoon olive oil; toss well.

## Nutrition Facts



## Properties

Glycemic Index:46.75, Glycemic Load:6.2, Inflammation Score:-5, Nutrition Score:12.971304333728%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 286.43kcal (14.32%), Fat: 12.28g (18.89%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 18.71g (6.8%), Sugar: 2.79g (3.1%), Cholesterol: 58.12mg (19.37%), Sodium: 477.9mg (20.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.45g (44.91%), Selenium: 26.34µg (37.62%), Vitamin B3: 6.94mg (34.72%), Phosphorus: 298.07mg (29.81%), Calcium: 217.21mg (21.72%), Vitamin B2: 0.33mg (19.37%), Vitamin B1: 0.25mg (16.87%), Vitamin B6: 0.33mg (16.64%), Manganese: 0.27mg (13.44%), Iron: 2.27mg (12.59%), Folate: 49.93µg (12.48%), Zinc: 1.8mg (11.99%), Vitamin B5: 1.1mg (11.02%), Potassium: 316.37mg (9.04%), Vitamin K: 9.16µg (8.72%), Copper: 0.17mg (8.31%), Magnesium: 31.79mg (7.95%), Fiber: 1.93g (7.71%), Vitamin B12: 0.4µg (6.68%), Vitamin A: 277.13IU (5.54%), Vitamin C: 3.14mg (3.81%), Vitamin E: 0.21mg (1.42%)