



Chicken-Olive Quesadillas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce chilis green drained chopped canned
- ☐ 0.3 teaspoon chili powder
- ☐ 0.5 cup chicken breast strips/pre-cooked/chopped cooked chopped
- ☐ 4 6-inch corn tortillas ()
- ☐ 0.3 teaspoon ground cumin
- ☐ 3 tablespoons olives ripe sliced
- ☐ 3 ounces part-skim mozzarella cheese shredded

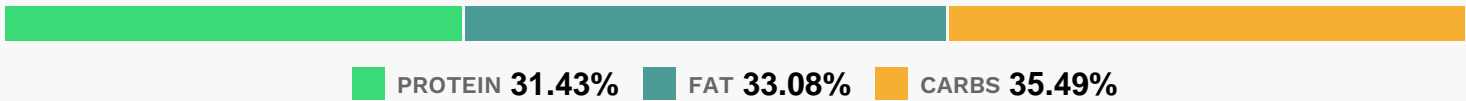
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Combine first 6 ingredients in a medium bowl.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 1 tortilla to pan.
- ☐ Spread about 1/2 cup chicken mixture on left half of tortilla; fold right side of tortilla over filling, pressing gently with a spatula.
- ☐ Place an additional tortilla in pan, overlapping first quesadilla.
- ☐ Spread about 1/2 cup chicken mixture on right half of tortilla; fold left side of tortilla over filling, pressing with spatula. (Folded sides of tortillas should meet in center of pan.) Cook 1 minute.
- ☐ Coat quesadillas with cooking spray; turn quesadillas over, keeping folded sides together in center of pan. Cook 1 to 2 minutes or until golden and cheese melts.
- ☐ Remove from pan; cover and keep warm. Repeat procedure with cooking spray and remaining tortillas and filling.
- ☐ Serve immediately with salsa and sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:5.03, Inflammation Score:-3, Nutrition Score:7.375652142193%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 155.78kcal (7.79%), Fat: 5.8g (8.92%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 11.57g (4.21%), Sugar: 0.51g (0.57%), Cholesterol: 28.48mg (9.49%), Sodium: 378.74mg (16.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.8%), Phosphorus: 224.73mg (22.47%), Calcium:

206.13mg (20.61%), Vitamin B3: 3.05mg (15.23%), Selenium: 9.66µg (13.8%), Vitamin C: 10.92mg (13.23%), Vitamin B6: 0.22mg (11.01%), Fiber: 2.43g (9.74%), Magnesium: 31.26mg (7.82%), Zinc: 1.14mg (7.63%), Vitamin B2: 0.11mg (6.64%), Iron: 1.11mg (6.15%), Folate: 21.36µg (5.34%), Manganese: 0.1mg (4.81%), Potassium: 154.25mg (4.41%), Vitamin A: 208.88IU (4.18%), Vitamin B12: 0.23µg (3.9%), Copper: 0.06mg (3.17%), Vitamin B1: 0.05mg (3.07%), Vitamin E: 0.43mg (2.87%), Vitamin B5: 0.24mg (2.43%)