



Chicken Quesadilla

READY IN



20 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 0.5 tsp chili powder
- 8 6-inch flour tortillas ()
- 2 Tbsp miracle whip dressing
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.8 lb chicken breasts boneless skinless cooked sliced

Equipment

- frying pan

Directions

- Mix salsa, dressing and chili powder; spread onto tortillas.
- Layer chicken and cheese on half of each tortilla; fold over to enclose filling.
- Heat large skillet sprayed with cooking spray on medium heat.
- Add quesadillas, 2 at a time; cook 4 to 5 min. on each side or until lightly browned on both sides. Repeat with remaining quesadillas.
- Cut each quesadilla into 3 wedges to serve.

Nutrition Facts

PROTEIN 29.47% **FAT 37.3%** **CARBS 33.23%**

Properties

Glycemic Index:15.25, Glycemic Load:9.55, Inflammation Score:-6, Nutrition Score:19.457826158275%

Nutrients (% of daily need)

Calories: 412.91kcal (20.65%), Fat: 16.93g (26.04%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 33.93g (11.31%), Net Carbohydrates: 30.97g (11.26%), Sugar: 4.41g (4.9%), Cholesterol: 83.4mg (27.8%), Sodium: 1006.79mg (43.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.17%), Selenium: 48.95µg (69.93%), Vitamin B3: 11.94mg (59.7%), Phosphorus: 443.4mg (44.34%), Vitamin B6: 0.76mg (37.81%), Calcium: 302.27mg (30.23%), Vitamin B1: 0.38mg (25.11%), Vitamin B2: 0.39mg (23.08%), Manganese: 0.35mg (17.72%), Folate: 67.13µg (16.78%), Iron: 2.74mg (15.24%), Vitamin B5: 1.5mg (14.96%), Potassium: 505.78mg (14.45%), Zinc: 1.93mg (12.85%), Magnesium: 48.32mg (12.08%), Fiber: 2.95g (11.82%), Vitamin A: 570.17IU (11.4%), Vitamin B12: 0.47µg (7.83%), Vitamin K: 6.89µg (6.56%), Vitamin E: 0.9mg (5.99%), Copper: 0.12mg (5.96%), Vitamin C: 1.64mg (1.99%), Vitamin D: 0.25µg (1.7%)