



Chicken Quesadillas

READY IN



20 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 ounce premium chicken breast in water chunk drained swanson® canned
- 1 teaspoon chili powder
- 10.8 ounce campbell's® condensed cream of chicken soup healthy request® canned
- 8 8-inch flour tortillas ()
- 0.5 cup cheddar cheese shredded

Equipment

- baking sheet
- oven

Directions

- Preheat oven to 425 degrees F.
- Mix soup, chili powder, cheese and chicken.
- Spread about 1/4 cup soup mixture on half of each tortilla to within 1/2 inch of edge. Moisten edge with water. Fold over and seal.
- Place on 2 baking sheets.
- Bake 10 minutes or until hot. Makes 8 quesadillas.

Nutrition Facts

PROTEIN 21.42% **FAT 33.94%** **CARBS 44.64%**

Properties

Glycemic Index:26, Glycemic Load:18.36, Inflammation Score:-6, Nutrition Score:20.75086963695%

Nutrients (% of daily need)

Calories: 512.45kcal (25.62%), Fat: 19.07g (29.34%), Saturated Fat: 7.36g (45.98%), Carbohydrates: 56.44g (18.81%), Net Carbohydrates: 52.69g (19.16%), Sugar: 4.28g (4.75%), Cholesterol: 61.04mg (20.35%), Sodium: 1460.14mg (63.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.16%), Selenium: 48.7µg (69.58%), Vitamin B3: 11.53mg (57.63%), Phosphorus: 433.88mg (43.39%), Vitamin B1: 0.57mg (37.94%), Manganese: 0.58mg (28.76%), Vitamin B6: 0.56mg (27.91%), Iron: 4.86mg (26.97%), Vitamin B2: 0.45mg (26.67%), Calcium: 264.29mg (26.43%), Folate: 103.06µg (25.77%), Fiber: 3.74g (14.98%), Vitamin B5: 1.29mg (12.85%), Potassium: 421.47mg (12.04%), Magnesium: 46.63mg (11.66%), Copper: 0.23mg (11.52%), Zinc: 1.67mg (11.14%), Vitamin K: 11.46µg (10.92%), Vitamin A: 447.58IU (8.95%), Vitamin E: 0.83mg (5.53%), Vitamin B12: 0.28µg (4.62%), Vitamin C: 0.85mg (1.02%)