



Chicken Quesadillas

READY IN



40 min.

SERVINGS



6

CALORIES



694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 tablespoons butter for frying
- ☐ 2.5 cups cheese grated (Monterey Jack is the best)
- ☐ 2 pounds chicken breasts skinless
- ☐ 12 large flour tortillas
- ☐ 2 cups cilantro leaves fresh
- ☐ 1 bell pepper green seeded sliced into strips
- ☐ 2 to 3 jalapenos
- ☐ 1 lime
- ☐ 2 tablespoons olive oil

- ☐ 1 large onion cut in half and then into slices
- ☐ 1 bell pepper red seeded sliced into strips
- ☐ 12 roma tomatoes ripe fine (slightly under is)
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons cajun seasoning mix
- ☐ 1 bell pepper yellow
- ☐ 3 onions red yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

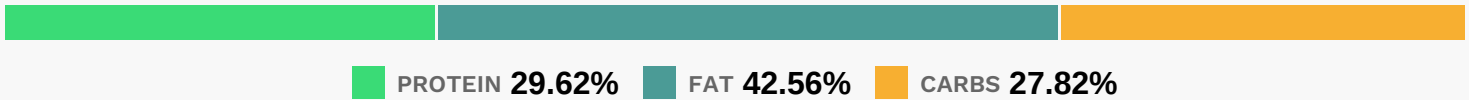
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 1 tablespoon of the olive oil in a skillet over high heat.
- ☐ Sprinkle the chicken with salt, pepper and taco seasoning.
- ☐ Add the chicken to the skillet and saute over medium-high heat until done, about 4 minute per side.
- ☐ Remove from the skillet and dice into cubes. Set aside.
- ☐ Add the remaining 1 tablespoon olive oil to the skillet over high heat. Throw in the onions and peppers and cook until the peppers have a few dark brown/black areas, 3 to 4 minutes.
- ☐ Remove and set aside.
- ☐ Sizzle 1/2 tablespoon of the butter in a separate skillet or griddle over medium heat and lay a flour tortilla in the skillet. Then build the quesadillas by laying grated cheese on the bottom tortilla, and then arranging the chicken and cooked peppers. Top with a little more grated cheese and top with a second tortilla.
- ☐ When the tortilla is golden on the first side, carefully flip the quesadilla to the other side, adding another 1/2 tablespoon butter to the skillet at the same time. Continue cooking until

the second side is golden. Repeat with the remaining tortillas and fillings.

- ☐ Cut each quesadilla into wedges and serve with Pico de Gallo.
- ☐ Dice up equal quantities of tomatoes and onions. Roughly chop the cilantro.
- ☐ Now, slice 1 or 2 jalapenos in half. With a spoon, scrape out the seeds. (If you like things spicy, leave in some of the white membranes.) Dice the jalapenos very finely; you want a hint of heat and jalapeno flavor, but you don't want to cause any fires. Now dump the four ingredients into a bowl.
- ☐ Slice the lime in half and squeeze the juice from half the lime into the bowl.
- ☐ Sprinkle with salt, and stir together until combined. Be sure to taste the pico de gallo and adjust the seasonings, adding salt or more diced jalapeno if needed.

Nutrition Facts



Properties

Glycemic Index:59.33, Glycemic Load:13.1, Inflammation Score:-10, Nutrition Score:42.456087350845%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 20.75mg, Quercetin: 20.75mg, Quercetin: 20.75mg, Quercetin: 20.75mg

Nutrients (% of daily need)

Calories: 694.3kcal (34.71%), Fat: 33.02g (50.79%), Saturated Fat: 15.28g (95.5%), Carbohydrates: 48.56g (16.19%), Net Carbohydrates: 41.27g (15.01%), Sugar: 11.1g (12.33%), Cholesterol: 150.71mg (50.24%), Sodium: 1338.76mg (58.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.7g (103.41%), Vitamin C: 112.69mg (136.6%), Vitamin B3: 20.14mg (100.7%), Selenium: 69.38µg (99.12%), Vitamin B6: 1.62mg (80.91%), Vitamin A: 3880.97IU (77.62%), Phosphorus: 731.46mg (73.15%), Calcium: 497.55mg (49.75%), Vitamin K: 40.89µg (38.95%), Potassium: 1307.27mg (37.35%), Vitamin B2: 0.62mg (36.55%), Vitamin B1: 0.53mg (35.51%), Manganese: 0.7mg (35.23%), Folate: 127.76µg (31.94%), Fiber: 7.29g (29.15%), Vitamin B5: 2.81mg (28.1%), Magnesium: 100.64mg (25.16%), Iron: 4.52mg (25.11%), Vitamin E: 3.29mg (21.92%), Zinc: 3.22mg (21.44%), Copper: 0.3mg (14.93%), Vitamin B12: 0.7µg (11.71%), Vitamin D: 0.43µg (2.89%)