



Chicken Quesadillas

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce brie cheese
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 4 8-inch flour tortillas fat-free ()
- ☐ 2 tablespoons garlic fresh minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 jalapeno minced seeded
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup pears chopped
- ☐ 0.5 cup plum tomatoes chopped
- ☐ 3 tablespoons onion red minced
- ☐ 3 cups chicken breast boneless skinless chopped

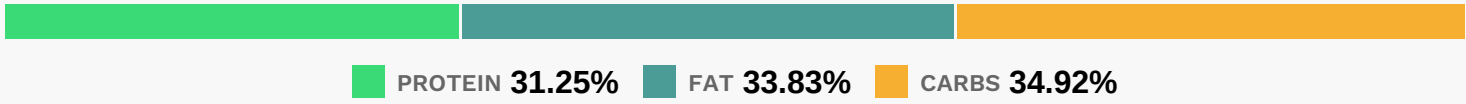
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400
- ☐ Heat a large skillet over medium-high heat. Coat with cooking spray.
- ☐ Add chicken; saut chicken 4 minutes.
- ☐ Add garlic and minced jalapeo; saut 2 minutes. Stir in chopped tomato and green onions.
- ☐ Brush 1 tablespoon olive oil over a jelly-roll pan; arrange tortillas on pan.
- ☐ Spread Brie cheese over half of each tortilla; top with about 1/3 cup chicken mixture.
- ☐ Bake at 400 for 5 minutes. Fold each tortilla in half.
- ☐ Bake 12 minutes, turning once.
- ☐ Combine pear, cilantro, red onion, lemon juice, 2 teaspoons olive oil, cumin, and red pepper.
- ☐ Serve with quesadillas.

Nutrition Facts



Properties

Glycemic Index:81.44, Glycemic Load:10.28, Inflammation Score:-6, Nutrition Score:21.161304297655%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 392.41kcal (19.62%), Fat: 14.64g (22.52%), Saturated Fat: 4.15g (25.94%), Carbohydrates: 34g (11.33%), Net Carbohydrates: 30.42g (11.06%), Sugar: 6.4g (7.11%), Cholesterol: 79.09mg (26.36%), Sodium: 554.67mg (24.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.86%), Vitamin B3: 14.37mg (71.84%), Selenium: 49.1µg (70.15%), Vitamin B6: 1mg (50.13%), Phosphorus: 377.76mg (37.78%), Vitamin B1: 0.37mg (24.4%), Vitamin K: 25.39µg (24.18%), Manganese: 0.41mg (20.7%), Vitamin B2: 0.32mg (18.95%), Potassium: 656.14mg (18.75%), Vitamin C: 15.39mg (18.65%), Vitamin B5: 1.83mg (18.32%), Folate: 71.03µg (17.76%), Iron: 2.71mg (15.03%), Fiber: 3.59g (14.35%), Magnesium: 51.38mg (12.84%), Calcium: 113.77mg (11.38%), Vitamin E: 1.41mg (9.43%), Vitamin A: 470.67IU (9.41%), Zinc: 1.27mg (8.45%), Copper: 0.15mg (7.52%), Vitamin B12: 0.34µg (5.7%)