



Chicken Quesadillas

READY IN



25 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounces chilis green drained chopped canned
- 8 8-inch flour tortilla (es in diameter)
- 0.3 cup cilantro leaves fresh chopped
- 4 ounces monterrey jack cheese shredded
- 4 servings salsa thick
- 2 cups chicken shredded cooked

Equipment

- grill

aluminum foil

Directions

Heat coals or gas grill for direct heat.

Mix chicken and cilantro.

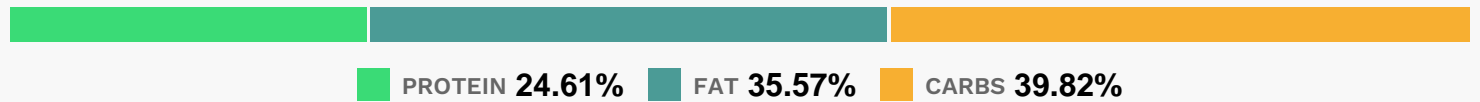
Place 1 tortilla on 30x18-inch piece of heavy-duty aluminum foil. Top with one-fourth of the chicken mixture, 1/4 cup of the cheese and one-fourth of the chilies. Top with another tortilla. Wrap foil securely around tortillas; pierce top of foil packet once or twice with fork to vent steam.

Repeat with remaining tortillas, chicken mixture, cheese and chilies. Cover and grill foil packets, seam sides up, 4 to 6 inches from medium heat about 15 minutes or until cheese is melted.

Cut quesadillas into wedges.

Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:15.97, Inflammation Score:-7, Nutrition Score:22.306086918582%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 550.97kcal (27.55%), Fat: 21.53g (33.13%), Saturated Fat: 9.68g (60.47%), Carbohydrates: 54.24g (18.08%), Net Carbohydrates: 49.53g (18.01%), Sugar: 5.15g (5.73%), Cholesterol: 77.73mg (25.91%), Sodium: 1310.31mg (56.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.06%), Selenium: 44.47µg (63.53%), Vitamin B3: 10.62mg (53.1%), Phosphorus: 484.62mg (48.46%), Calcium: 389.92mg (38.99%), Vitamin B1: 0.58mg (38.38%), Folate: 123.61µg (30.9%), Vitamin B2: 0.52mg (30.74%), Iron: 5.33mg (29.61%), Manganese: 0.56mg (27.97%), Vitamin B6: 0.47mg (23.28%), Fiber: 4.72g (18.86%), Zinc: 2.55mg (17.02%), Vitamin C: 11.79mg (14.29%), Magnesium: 51.13mg (12.78%), Potassium: 434.57mg (12.42%), Vitamin K: 12.5µg (11.9%), Vitamin A: 507.97IU (10.16%), Vitamin B5: 1mg (10.04%), Copper: 0.18mg (8.91%), Vitamin B12: 0.44µg (7.31%), Vitamin E: 0.49mg (3.26%), Vitamin D: 0.17µg (1.13%)