

Chicken Quesadillas

READY IN



30 min.

SERVINGS



14

CALORIES



383 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 cups roasted chicken diced cooked
- 4 cups flour all-purpose
- 4 ounces to 2 chilies slit green drained chopped canned
- 1 cup spring onion sliced
- 1 cup olives ripe sliced
- 14 servings cup heavy whipping cream sour
- 1.5 teaspoons salt
- 1 cup shortening

- 1 cup part-skim mozzarella cheese shredded
- 1.3 cups water

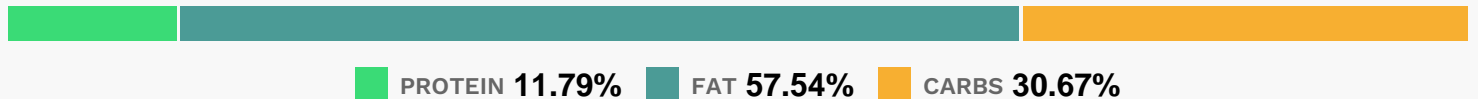
Equipment

- bowl
- frying pan
- toothpicks

Directions

- In a large bowl, combine the flour, salt and baking powder.
- Cut in shortening until crumbly.
- Add enough warm water, stirring until mixture forms a ball.
- Let stand for 10 minutes. Divide into 28 portions.
- On a lightly floured surface, roll each portion into a 7-in. circle. Cook on a lightly greased griddle for 1-1/2 to 2 minutes on each side, breaking any bubbles with a toothpick if necessary. Keep warm.
- In a large bowl, combine cheeses. For each quesadilla, place a tortilla on the griddle; sprinkle with about 2 tablespoons cheese mixture, 2 tablespoons chicken, 1 tablespoon onions, 1 tablespoon olives and 1 teaspoon chilies. Top with 1 tablespoon cheese mixture and another tortilla.
- Cook for 30-60 seconds; turn and cook 30 seconds longer or until cheese is melted.
- Cut into wedges.
- Serve with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:14.21, Glycemic Load:19.86, Inflammation Score:-5, Nutrition Score:10.000869491826%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 382.69kcal (19.13%), Fat: 24.5g (37.69%), Saturated Fat: 8.54g (53.35%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 27.64g (10.05%), Sugar: 1.11g (1.24%), Cholesterol: 37.07mg (12.36%), Sodium: 513.77mg (22.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.58%), Selenium: 18.76µg (26.8%), Vitamin K: 23.43µg (22.31%), Vitamin B1: 0.31mg (20.41%), Vitamin B3: 3.76mg (18.82%), Folate: 72.54µg (18.13%), Vitamin B2: 0.26mg (15.57%), Manganese: 0.26mg (13%), Phosphorus: 128.87mg (12.89%), Iron: 2.11mg (11.74%), Calcium: 99.7mg (9.97%), Vitamin E: 1.47mg (9.83%), Vitamin A: 376.29IU (7.53%), Fiber: 1.74g (6.94%), Vitamin B6: 0.12mg (5.8%), Zinc: 0.85mg (5.64%), Vitamin B5: 0.5mg (5.03%), Magnesium: 17.69mg (4.42%), Copper: 0.09mg (4.38%), Potassium: 128.83mg (3.68%), Vitamin C: 2.4mg (2.91%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.26µg (1.76%)