



Chicken Quesadillas

READY IN



40 min.

SERVINGS



8

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 8 7-inch flour tortilla ()
- ☐ 2 large garlic clove thinly sliced
- ☐ 8 servings lime wedges
- ☐ 5 oz monterrey jack cheese with or without hot peppers; 2 cups) grated
- ☐ 1 large onion halved lengthwise thinly sliced
- ☐ 3 rotisserie chicken cut shredded cooked (from a)
- ☐ 8 servings cup heavy whipping cream fresh sour
- ☐ 0.8 teaspoon salt

☐ 2 tablespoons vegetable oil

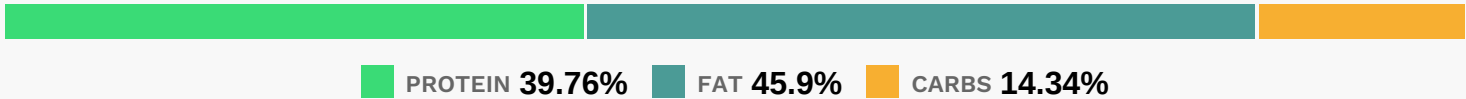
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ spatula
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Cook onion with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper in oil in a 10- to 12-inch skillet over moderate heat, stirring occasionally, until golden, about 6 minutes.
- ☐ Add garlic and cook, stirring, until fragrant, about 1 minute, then transfer to a large bowl.
- ☐ Add chicken to onion mixture along with cheese.
- ☐ Put 1 tortilla on a cutting board and spread 1/2 cup chicken mixture over half of tortilla, then fold other half over to form a half-moon, pressing firmly on seam. Assemble 7 more quesadillas in same manner.
- ☐ Heat lightly oiled grill pan over high heat until it begins to smoke, then reduce heat to moderate and grill quesadillas, 2 at a time, turning over once, until cheese is melted and golden brown grill marks appear, about 4 minutes total per batch.
- ☐ Transfer with a spatula to cutting board and cut in half.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:7.71, Inflammation Score:-3, Nutrition Score:8.553478339444%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 711.14kcal (35.56%), Fat: 36.27g (55.8%), Saturated Fat: 13.59g (84.93%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 23.49g (8.54%), Sugar: 3.09g (3.44%), Cholesterol: 248.72mg (82.91%), Sodium: 1448.61mg (62.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.69g (141.38%), Calcium: 215.93mg (21.59%), Selenium: 13.49µg (19.27%), Phosphorus: 189.09mg (18.91%), Vitamin B1: 0.25mg (16.51%), Manganese: 0.28mg (14.13%), Vitamin B2: 0.23mg (13.73%), Folate: 50.72µg (12.68%), Iron: 1.89mg (10.47%), Vitamin B3: 2.09mg (10.45%), Vitamin K: 10.79µg (10.27%), Fiber: 2g (8.02%), Vitamin A: 358.38IU (7.17%), Zinc: 0.86mg (5.7%), Magnesium: 18.3mg (4.57%), Vitamin B6: 0.08mg (3.95%), Potassium: 119.21mg (3.41%), Copper: 0.07mg (3.36%), Vitamin E: 0.47mg (3.13%), Vitamin B12: 0.17µg (2.85%), Vitamin C: 2mg (2.43%), Vitamin D: 0.35µg (2.31%), Vitamin B5: 0.18mg (1.82%)