



Chicken Quesadillas and Fiesta Rice

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed cheddar cheese soup canned
- ☐ 10.8 ounce campbell's® condensed chicken broth canned
- ☐ 10 8-inch flour tortillas ()
- ☐ 2 cups rice white instant uncooked
- ☐ 0.5 cup picante sauce pace®
- ☐ 0.5 cup chunky salsa pace®
- ☐ 1 pound chicken breast boneless skinless cubed
- ☐ 0.5 cup water

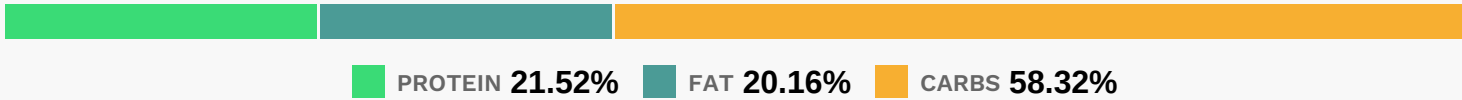
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Cook chicken in nonstick skillet until done and juices evaporate, stirring often.
- ☐ Add soup and salsa and heat through.
- ☐ Spread about 1/3 cup soup mixture on half of each tortilla to within 1/2-inch of edge. Moisten edge with water. Fold over and seal.
- ☐ Place on 2 baking sheets.
- ☐ Bake 5 minutes or until hot.
- ☐ Serve with Fiesta Rice.
- ☐ Heat Campbell's® Condensed Chicken Broth, 1/2 cup water and 1/2 cup Pace® Chunky Salsa in saucepan to a boil. Stir in 2 cups uncooked instant white rice. Cover and remove from heat.
- ☐ Let stand 5 min. Fluff with fork.
- ☐ Serve with Pace® salsa. For dessert serve orange wedges.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:19.9, Inflammation Score:-8, Nutrition Score:33.921304609465%

Nutrients (% of daily need)

Calories: 767.96kcal (38.4%), Fat: 16.88g (25.97%), Saturated Fat: 5.68g (35.52%), Carbohydrates: 109.86g (36.62%), Net Carbohydrates: 102.8g (37.38%), Sugar: 8.78g (9.76%), Cholesterol: 77.15mg (25.72%), Sodium: 2184.02mg (94.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.54g (81.08%), Selenium: 81.61µg

(116.58%), Vitamin B3: 21.37mg (106.85%), Vitamin B1: 1.15mg (76.72%), Folate: 245.24µg (61.31%), Manganese: 1.18mg (58.95%), Phosphorus: 575.37mg (57.54%), Vitamin B6: 1.09mg (54.57%), Iron: 8.08mg (44.91%), Vitamin B2: 0.55mg (32.4%), Potassium: 1116.35mg (31.9%), Fiber: 7.06g (28.24%), Calcium: 247.8mg (24.78%), Vitamin B5: 2.15mg (21.49%), Magnesium: 74.36mg (18.59%), Copper: 0.3mg (14.89%), Zinc: 2.13mg (14.23%), Vitamin A: 654.59IU (13.09%), Vitamin K: 12.18µg (11.6%), Vitamin E: 1.06mg (7.04%), Vitamin B12: 0.24µg (4.03%), Vitamin C: 2.6mg (3.15%)