



Chicken Quesadillas With Roasted Corn Salsa

READY IN



24 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon chili powder
- ☐ 1 cup whole-kernel corn frozen
- ☐ 4 8-inch flour tortillas ()
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.5 cup monterrey jack cheese grated
- ☐ 4 teaspoons olive oil divided
- ☐ 0.8 cup chunky bottled salsa
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breasts diced boneless skinless

Equipment

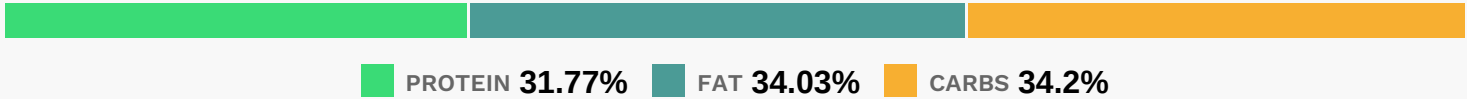
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ microwave
- ☐ cutting board

Directions

- ☐ Heat a 12–inch nonstick skillet over medium–high heat.
- ☐ Add corn; cook 5 minutes, stirring until lightly charred.
- ☐ Remove from heat; wipe skillet clean.
- ☐ Combine corn, salsa, cilantro, and 2 tablespoons lime juice in bowl.
- ☐ Place chicken in medium bowl.
- ☐ Add 1 tablespoon lime juice, chili powder, cumin, salt, and pepper; stir well and set aside.
- ☐ Heat 2 teaspoons oil in skillet over medium heat.
- ☐ Add chicken; cook 5 minutes or until it is heated through, stirring occasionally.
- ☐ Add garlic during last 30 seconds of cooking.
- ☐ Transfer chicken to a plate; wipe skillet clean.
- ☐ Wrap tortillas in a paper towel; microwave on HIGH about 15 seconds or until warm.
- ☐ Sprinkle 2 tablespoons cheese over half of each tortilla; top each with chicken and 2 tablespoons salsa. Fold tortillas in half; brush tops with remaining oil; sprinkle with salt, if desired.
- ☐ Heat skillet over medium–low heat.

- ☐ Add 2 quesadillas, oiled sides down, pressing to flatten. Cook 1 minute or until lightly browned. Flip; cook 45 seconds and transfer to a cutting board. Repeat procedure with remaining quesadillas.
- ☐ Cut quesadillas into wedges; serve hot with remaining salsa.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:8.14, Inflammation Score:-6, Nutrition Score:21.755652277366%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 421.88kcal (21.09%), Fat: 15.99g (24.61%), Saturated Fat: 5.51g (34.41%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 32.47g (11.81%), Sugar: 5.87g (6.52%), Cholesterol: 85.15mg (28.38%), Sodium: 1146.03mg (49.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.59g (67.18%), Vitamin B3: 15.12mg (75.6%), Selenium: 50.69µg (72.41%), Vitamin B6: 1.02mg (51.06%), Phosphorus: 446.43mg (44.64%), Vitamin B1: 0.37mg (24.78%), Vitamin B2: 0.37mg (21.84%), Manganese: 0.42mg (21.06%), Calcium: 208.37mg (20.84%), Potassium: 705.12mg (20.15%), Vitamin B5: 2mg (20%), Folate: 73.54µg (18.38%), Iron: 2.97mg (16.48%), Magnesium: 59.88mg (14.97%), Fiber: 3.69g (14.77%), Zinc: 1.63mg (10.88%), Vitamin E: 1.6mg (10.63%), Vitamin A: 491.99IU (9.84%), Vitamin K: 9.8µg (9.33%), Vitamin C: 6.86mg (8.32%), Copper: 0.15mg (7.35%), Vitamin B12: 0.34µg (5.73%), Vitamin D: 0.2µg (1.32%)