



# Chicken Satay Quesadillas with Spicy Peanut Dipping Sauce

 Popular

READY IN



45 min.

SERVINGS



1

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 birds eye chili sliced ()
- ☐ 0.3 cup chicken satay shredded ()
- ☐ 1 tablespoon cilantro leaves chopped ()
- ☐ 2 handfuls cheese such as cheddar and jack grated ()
- ☐ 0.5 tablespoon oil
- ☐ 0.5 small onion sliced ()
- ☐ 2 tablespoons satay sauce

- ☐ 0.3 bell pepper red sliced ()
- ☐ 2 tortillas

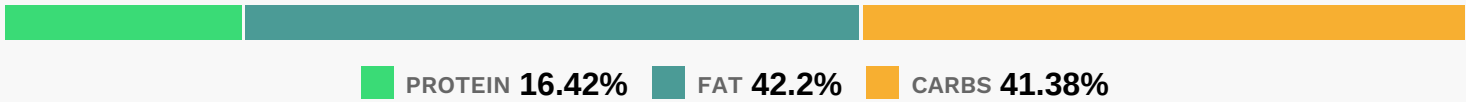
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the red pepper and saute until tender, about 5 minutes, and remove from heat.
- ☐ Mix the onion, pepper, chicken, peanut sauce, birds eye chili, and cilantro in a bowl.
- ☐ Melt a touch of butter in a pan.
- ☐ Place a tortilla into the pan, swirl it around in the butter and repeat with the second tortilla.
- ☐ Sprinkle some cheese on the tortilla followed by the filling and top with more cheese and finally the other tortilla.
- ☐ Place a plate onto the quesadilla and flipped it from the pan to the plate and then slide it back into the pan to flip the quesadilla.

## Nutrition Facts



## Properties

Glycemic Index:152, Glycemic Load:10.46, Inflammation Score:-8, Nutrition Score:15.524347920133%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

## Nutrients (% of daily need)

Calories: 412.7kcal (20.63%), Fat: 19.03g (29.27%), Saturated Fat: 3.32g (20.72%), Carbohydrates: 41.97g (13.99%), Net Carbohydrates: 38.59g (14.03%), Sugar: 10.34g (11.49%), Cholesterol: 28.03mg (9.34%), Sodium: 900.34mg (39.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.3%), Vitamin C: 48.05mg (58.25%), Selenium: 22.5µg (32.15%), Vitamin B3: 5.78mg (28.89%), Vitamin B1: 0.36mg (23.93%), Phosphorus: 219.14mg (21.91%), Vitamin A: 1024.26IU (20.49%), Folate: 79.78µg (19.95%), Manganese: 0.39mg (19.49%), Vitamin B6: 0.32mg (15.9%), Iron: 2.86mg (15.89%), Vitamin B2: 0.27mg (15.68%), Fiber: 3.38g (13.5%), Vitamin K: 12.63µg (12.03%), Calcium: 117.66mg (11.77%), Vitamin E: 1.74mg (11.59%), Potassium: 282.93mg (8.08%), Magnesium: 29.01mg (7.25%), Zinc: 1.05mg (7.03%), Vitamin B5: 0.58mg (5.84%), Copper: 0.11mg (5.39%), Vitamin B12: 0.12µg (1.97%)