



Chicken-Vegetable Quesadillas

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



909 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus spears thin
- ☐ 8 10-inch flour tortillas ()
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 11 ounce goat cheese
- ☐ 2 tablespoons green onions chopped
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup mayonnaise

- ☐ 0.5 teaspoon pepper divided
- ☐ 2 large bell peppers red
- ☐ 0.5 teaspoon salt divided
- ☐ 4 chicken breasts boneless skinless

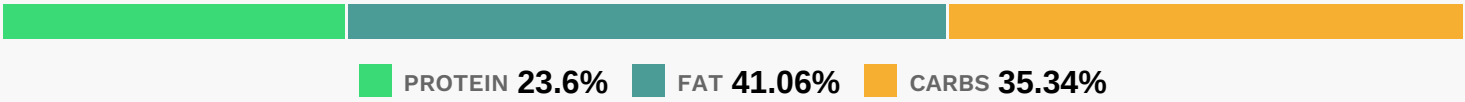
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place bell peppers on an aluminum foil-lined baking sheet.
- ☐ Bake at 500 for 20 minutes or until peppers look blistered, turning once.
- ☐ Place peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds. Slice peppers.
- ☐ Coat asparagus with vegetable cooking spray; bake at 400 for 15 minutes.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook chicken in a large, lightly greased nonstick skillet over medium heat until browned.
- ☐ Add lemon juice, and cook 5 minutes or until chicken is done. Slice.
- ☐ Stir together remaining 1/4 teaspoon salt and 1/4 teaspoon pepper, mayonnaise, and next 3 ingredients.
- ☐ Spread mixture evenly on 4 tortillas.
- ☐ Layer with roasted bell pepper, asparagus, chicken, and goat cheese. Top with remaining 4 tortillas.
- ☐ Cook quesadillas in a large, lightly greased nonstick skillet over medium-high heat 2 minutes on each side or until browned.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:23.8, Inflammation Score:-10, Nutrition Score:52.503913008648%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.43mg, Quercetin: 16.43mg, Quercetin: 16.43mg, Quercetin: 16.43mg

Nutrients (% of daily need)

Calories: 908.99kcal (45.45%), Fat: 41.46g (63.79%), Saturated Fat: 17.83g (111.46%), Carbohydrates: 80.29g (26.76%), Net Carbohydrates: 71.05g (25.84%), Sugar: 11.92g (13.24%), Cholesterol: 114.06mg (38.02%), Sodium: 1834.49mg (79.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.63g (107.26%), Vitamin C: 118.41mg (143.53%), Selenium: 72.84µg (104.05%), Vitamin B3: 20.28mg (101.39%), Vitamin K: 100.67µg (95.87%), Vitamin A: 4410.64IU (88.21%), Phosphorus: 814.33mg (81.43%), Vitamin B6: 1.5mg (74.81%), Vitamin B1: 1.05mg (69.82%), Folate: 248.48µg (62.12%), Vitamin B2: 1.04mg (61.41%), Manganese: 1.15mg (57.27%), Iron: 9.96mg (55.33%), Copper: 1mg (49.89%), Fiber: 9.24g (36.97%), Calcium: 363.65mg (36.36%), Potassium: 1053.42mg (30.1%), Vitamin B5: 3mg (29.98%), Magnesium: 101.87mg (25.47%), Vitamin E: 3.44mg (22.96%), Zinc: 3.01mg (20.05%), Vitamin B12: 0.39µg (6.52%), Vitamin D: 0.45µg (3.02%)