



Chipotle Chicken Quesadillas

READY IN



35 min.

SERVINGS



3

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons olive oil
- 0.5 bell pepper red cut into thin strips
- 0.5 large onion thinly sliced
- 0.5 cup corn frozen
- 1.5 cups chicken shredded cooked
- 2 oz monterrey jack cheese shredded
- 1 tablespoon chipotles in adobo finely chopped (from 7-oz can)
- 2 tablespoons cilantro leaves chopped
- 11 oz flour tortilla for burritos (8 count)

6 tablespoons salsa

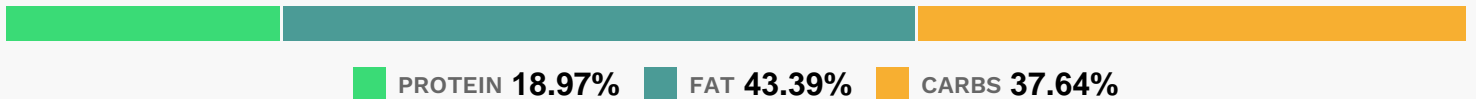
Equipment

frying pan

Directions

- In 10-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat.
- Add bell pepper, onion and corn; cook, stirring occasionally, 4 to 5 minutes or until bell pepper and onion is softened.
- Remove from heat; stir in chicken, cheese, chipotle chile and cilantro.
- Brush one side of each tortilla with remaining 2 tablespoons oil. With oiled side down, spread 2 tablespoons salsa onto each of 3 tortillas.
- Spread about 1 cup of chicken mixture on each tortilla over salsa. Top each with remaining tortillas, oiled side up.
- Heat 10-inch nonstick skillet over medium heat. Cook 1 quesadilla at a time 1 to 2 minutes on each side or until tortilla is golden brown and cheese is melted.
- Cut each quesadilla in half.

Nutrition Facts



Properties

Glycemic Index:50.67, Glycemic Load:17.02, Inflammation Score:-8, Nutrition Score:25.626956804939%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 684.02kcal (34.2%), Fat: 33.03g (50.82%), Saturated Fat: 9.91g (61.91%), Carbohydrates: 64.47g (21.49%), Net Carbohydrates: 58.14g (21.14%), Sugar: 7.4g (8.22%), Cholesterol: 69.32mg (23.11%), Sodium: 1144.5mg

(49.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.5g (65%), Selenium: 43.8µg (62.57%), Vitamin B3: 11.18mg (55.88%), Phosphorus: 479.15mg (47.91%), Vitamin B1: 0.63mg (42.07%), Vitamin C: 29.9mg (36.24%), Manganese: 0.66mg (33.13%), Folate: 130.93µg (32.73%), Calcium: 318.67mg (31.87%), Vitamin B2: 0.53mg (31.07%), Iron: 5.42mg (30.1%), Vitamin B6: 0.56mg (27.85%), Fiber: 6.33g (25.33%), Vitamin A: 968.46IU (19.37%), Vitamin K: 19.63µg (18.69%), Vitamin E: 2.78mg (18.54%), Zinc: 2.53mg (16.88%), Potassium: 548.83mg (15.68%), Magnesium: 61.22mg (15.31%), Vitamin B5: 1.13mg (11.31%), Copper: 0.2mg (10.13%), Vitamin B12: 0.36µg (6%)