



Classic Chicken Quesadillas

READY IN



59 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounces chilis green drained chopped canned
- 8 8-inch flour tortilla (es in diameter)
- 0.3 cup cilantro leaves fresh chopped
- 0.3 teaspoon ground cumin
- 4 ounces monterrey jack cheese shredded
- 4 servings salsa (any variety)
- 1 pound chicken breast boneless skinless
- 2 tablespoons vegetable oil
- 2 teaspoons vegetable oil

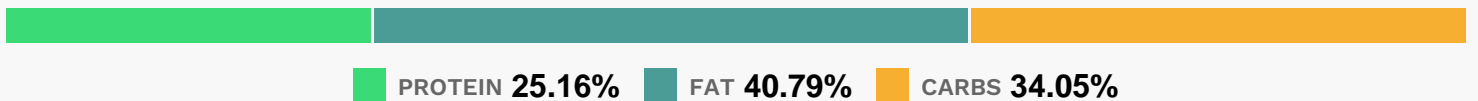
Equipment

- frying pan
- grill

Directions

- Heat 2 teaspoons oil in 10-inch skillet over medium-high heat. Cook chicken breasts, cilantro and cumin in oil 15 to 20 minutes, turning chicken once and stirring cilantro mixture occasionally, until juice of chicken is no longer pink when centers of thickest pieces are cut. Shred chicken into small pieces; mix chicken and cilantro mixture.
- Brush 1 side of 1 tortilla with some of the 2 tablespoons oil; place oil side down in same skillet.
- Layer with one-fourth of the chicken mixture, 1/4 cup of the cheese and one-fourth of the chilies to within 1/2 inch of edge of tortilla. Top with another tortilla; brush top of tortilla with oil. Cook over medium-high heat 4 to 6 minutes, turning after 2 minutes, until light golden brown.
- Repeat with remaining tortillas, chicken mixture, cheese and chilies.
- Cut quesadillas into wedges.
- Heat coals or gas grill for direct heat. Assemble quesadillas on platter, brushing outer sides of tortillas generously with oil. Carefully slide onto grill. Grill uncovered 4 to 6 inches from medium heat 4 to 6 minutes, turning after 2 minutes, until light golden brown.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:15.98, Inflammation Score:-7, Nutrition Score:28.470434836719%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 643.82kcal (32.19%), Fat: 28.91g (44.47%), Saturated Fat: 10.43g (65.21%), Carbohydrates: 54.3g (18.1%), Net Carbohydrates: 49.57g (18.02%), Sugar: 5.16g (5.73%), Cholesterol: 97.81mg (32.6%), Sodium: 1389.57mg (60.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.12g (80.24%), Selenium: 63.54µg (90.78%),

Vitamin B3: 16.94mg (84.69%), Phosphorus: 588.98mg (58.9%), Vitamin B6: 1.03mg (51.43%), Vitamin B1: 0.61mg (40.38%), Calcium: 388.35mg (38.84%), Vitamin B2: 0.53mg (31.38%), Folate: 124.65µg (31.16%), Manganese: 0.57mg (28.43%), Vitamin K: 29.37µg (27.97%), Iron: 4.99mg (27.71%), Potassium: 696.08mg (19.89%), Vitamin B5: 1.94mg (19.4%), Fiber: 4.73g (18.92%), Magnesium: 66.37mg (16.59%), Vitamin C: 13.16mg (15.95%), Zinc: 2.15mg (14.35%), Vitamin A: 514.88IU (10.3%), Vitamin E: 1.45mg (9.66%), Copper: 0.17mg (8.5%), Vitamin B12: 0.46µg (7.7%), Vitamin D: 0.28µg (1.89%)