



## Cowboy Quesadillas

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 cups chicken breasts shredded cooked
- 6 10-inch flour tortillas ()
- 4 green onions thinly sliced
- 10 oz ro\*tel tomatoes & chilies diced green undrained canned
- 8 oz velveeta cut into 1/2-inch cubes
- 8 oz velveeta cut into 1/2-inch cubes

## Equipment

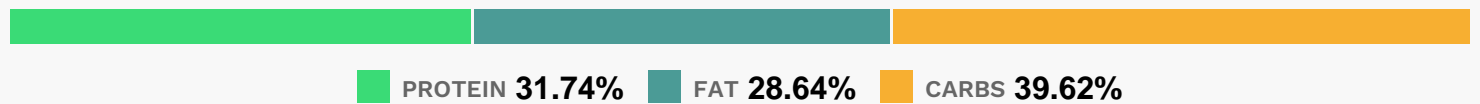
- bowl

- frying pan
- microwave

## Directions

- Combine VELVEETA and RO\*TEL in 1-1/2-qt. microwaveable bowl. Microwave on HIGH 5 to 6 min. or until VELVEETA is completely melted and mixture is well blended, stirring every 3 min. Stir in chicken and onions.
- Heat large nonstick skillet on medium-high heat. Spoon about 1/2 cup chicken mixture onto half of 1 tortilla; fold in half.
- Add to skillet; cook 1 min. on each side or until golden brown on both sides.
- Remove from skillet. Repeat with remaining tortillas and filling.
- Cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:3.47, Glycemic Load:2.31, Inflammation Score:-2, Nutrition Score:3.5604347988315%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 76.23kcal (3.81%), Fat: 2.38g (3.66%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.76g (2.46%), Sugar: 0.81g (0.89%), Cholesterol: 14mg (4.67%), Sodium: 117.77mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Selenium: 7.72µg (11.03%), Vitamin B3: 2.15mg (10.77%), Phosphorus: 67.54mg (6.75%), Vitamin B1: 0.09mg (5.76%), Vitamin K: 5.07µg (4.83%), Vitamin B6: 0.09mg (4.67%), Iron: 0.78mg (4.35%), Manganese: 0.09mg (4.28%), Folate: 16.53µg (4.13%), Vitamin B2: 0.07mg (4.12%), Fiber: 0.64g (2.58%), Zinc: 0.38mg (2.53%), Potassium: 87.06mg (2.49%), Calcium: 24.78mg (2.48%), Vitamin B5: 0.21mg (2.14%), Magnesium: 8.36mg (2.09%), Vitamin A: 102.32IU (2.05%), Vitamin C: 1.6mg (1.93%), Copper: 0.03mg (1.61%)