



Creamy Chicken & Corn Quesadillas

READY IN



25 min.

SERVINGS



8

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup philadelphia chive & onion 1/3 less fat than cream cheese ()
- 4 8-inch flour tortillas ()
- 0.5 cup regular corn frozen
- 0.5 cup salsa
- 6 oz chicken breasts boneless skinless cooked cut into thin strips

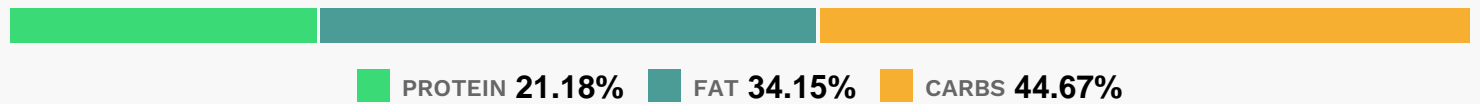
Equipment

- frying pan

Directions

- Cook chicken, corn and salsa in skillet on medium heat 8 to 10 min. or until heated through, stirring occasionally.
- Spread 2 tortillas with reduced-fat cream cheese; top with chicken mixture and remaining tortillas.
- Heat large skillet sprayed with cooking spray on medium heat.
- Add 1 quesadilla; cook 4 to 5 min. or until golden brown on both sides, turning after 2 to 3 min. Repeat with remaining quesadilla.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:3.98, Inflammation Score:-3, Nutrition Score:6.0347825994958%

Nutrients (% of daily need)

Calories: 152.27kcal (7.61%), Fat: 5.77g (8.88%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 15.52g (5.64%), Sugar: 2.01g (2.23%), Cholesterol: 22.4mg (7.47%), Sodium: 385.29mg (16.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.11%), Vitamin B3: 3.7mg (18.5%), Selenium: 12.72µg (18.17%), Phosphorus: 111.35mg (11.14%), Vitamin B6: 0.22mg (11.07%), Vitamin B1: 0.16mg (10.55%), Manganese: 0.16mg (8.19%), Folate: 29.6µg (7.4%), Iron: 1.14mg (6.35%), Vitamin B2: 0.11mg (6.32%), Calcium: 60.28mg (6.03%), Fiber: 1.47g (5.89%), Potassium: 182.79mg (5.22%), Vitamin A: 219.57IU (4.39%), Magnesium: 16.88mg (4.22%), Vitamin B5: 0.41mg (4.08%), Vitamin K: 2.56µg (2.44%), Zinc: 0.36mg (2.42%), Copper: 0.05mg (2.4%), Vitamin E: 0.24mg (1.59%), Vitamin C: 1.31mg (1.58%)