



## Dinnertime Chicken Quesadilla

READY IN



35 min.

SERVINGS



35

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup black beans canned rinsed
- 1 cup four cheese shredded mexican style kraft finely
- 8 6-inch flour tortillas ()
- 0.5 cup regular corn frozen thawed
- 4 green onions sliced
- 1 cup taco bellâ® & chunky salsa thick
- 2 cups meat from a rotisserie chicken shredded cooked

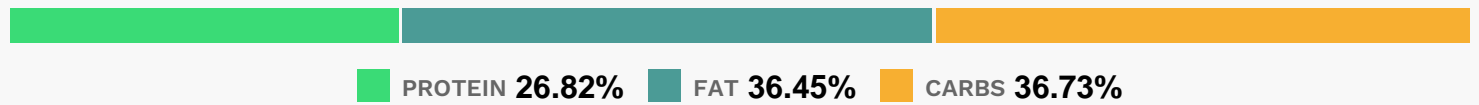
### Equipment

frying pan

## Directions

- Layer first 6 ingredients evenly on half of each tortilla; fold in half to enclose filling.
- Heat large nonstick skillet on medium-high heat.
- Add 2 quesadillas; cook 3 min. on each side or until cheese is melted and quesadillas are evenly browned on both sides.
- Repeat with remaining quesadillas.

## Nutrition Facts



## Properties

Glycemic Index:2.66, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:2.4913043457529%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 54.65kcal (2.73%), Fat: 2.22g (3.41%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.38g (1.59%), Sugar: 0.58g (0.64%), Cholesterol: 9.23mg (3.08%), Sodium: 136.09mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.35%), Selenium: 4.54µg (6.48%), Vitamin B3: 1.08mg (5.4%), Phosphorus: 51.86mg (5.19%), Calcium: 37.82mg (3.78%), Vitamin K: 3.72µg (3.54%), Vitamin B1: 0.05mg (3.31%), Vitamin B2: 0.05mg (3.17%), Vitamin B6: 0.06mg (2.93%), Folate: 11.14µg (2.79%), Manganese: 0.06mg (2.78%), Iron: 0.47mg (2.58%), Fiber: 0.64g (2.58%), Zinc: 0.33mg (2.18%), Potassium: 66.83mg (1.91%), Magnesium: 7.06mg (1.77%), Vitamin A: 85.15IU (1.7%), Vitamin B5: 0.13mg (1.3%), Copper: 0.02mg (1.23%)