



Easy Chicken-Mushroom Quesadillas

READY IN

ready

28 min.

SERVINGS

servings

4

CALORIES

calories

519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach leaves sliced into ribbons
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon chili powder
- ☐ 4 10-inch whole-grain flour tortillas ()
- ☐ 3 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper fresh black
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 cup mexican cheese mix shredded

- ☐ 2 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup salsa
- ☐ 0.5 teaspoon salt
- ☐ 2 cups chicken breast boneless skinless cooked chopped (1 breast half)
- ☐ 3 cups button mushrooms white

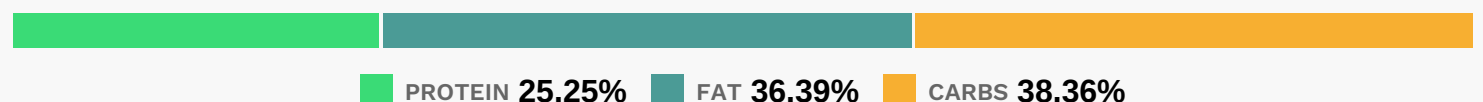
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a large skillet over a medium heat.
- ☐ Add the onions and mushrooms and cook until the mushroom water is evaporated and they begin to brown, 5 to 7 minutes.
- ☐ Add the garlic and cook for 1 minute more.
- ☐ Add chicken, cumin, chili powder and oregano and stir until all spices are incorporated.
- ☐ Add spinach, salt and pepper and cook until spinach is wilted, about 2 minutes.
- ☐ Lay 1 tortilla on a flat work surface and sprinkle with 1/4 cup shredded cheese. Spoon 1/2 chicken and vegetable mixture on top of cheese, then top with an additional 1/4 cup cheese. Top with another flour tortilla.
- ☐ Heat a large nonstick skillet with cooking spray over medium heat. Carefully place 1 quesadilla in pan and cook 3 minutes. Using a large spatula, gently flip quesadilla and cook an additional 3 minutes until lightly browned and cheese is melted. Repeat with second quesadilla. Slice each quesadilla into quarters.
- ☐ Place 2 quarters on a plate with 1 tablespoon sour cream and 2 tablespoons salsa.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:13.4, Inflammation Score:-9, Nutrition Score:33.06086957973%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.87mg, Quercetin: 16.87mg, Quercetin: 16.87mg, Quercetin: 16.87mg

Nutrients (% of daily need)

Calories: 519.42kcal (25.97%), Fat: 21.2g (32.62%), Saturated Fat: 8.55g (53.46%), Carbohydrates: 50.28g (16.76%), Net Carbohydrates: 44.32g (16.12%), Sugar: 9.18g (10.2%), Cholesterol: 79.63mg (26.54%), Sodium: 1316.2mg (57.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.1g (66.21%), Vitamin K: 86.5µg (82.38%), Selenium: 52.27µg (74.67%), Vitamin B3: 14.24mg (71.22%), Phosphorus: 545.79mg (54.58%), Vitamin B6: 0.93mg (46.32%), Vitamin B2: 0.74mg (43.54%), Vitamin A: 1982.31IU (39.65%), Manganese: 0.78mg (38.8%), Calcium: 374.35mg (37.43%), Vitamin B1: 0.54mg (36.03%), Folate: 133.32µg (33.33%), Potassium: 968.32mg (27.67%), Iron: 4.72mg (26.22%), Vitamin B5: 2.53mg (25.29%), Fiber: 5.96g (23.85%), Copper: 0.42mg (21.21%), Magnesium: 79.25mg (19.81%), Vitamin C: 14.05mg (17.03%), Zinc: 2.46mg (16.42%), Vitamin E: 1.89mg (12.63%), Vitamin B12: 0.58µg (9.73%), Vitamin D: 0.39µg (2.59%)