



Easy Chicken Quesadillas

 Very Healthy

READY IN



22 min.

SERVINGS



6

CALORIES



1969 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups chicken breast cooked chopped
- ☐ 32 2-inch flour tortillas
- ☐ 0.3 cup green onions thinly sliced
- ☐ 4 ounces cheddar cheese shredded 50% with jalapeño peppers reduced-fat
- ☐ 0.5 cup refried beans fat-free
- ☐ 0.8 cup salsa fresh refrigerated
- ☐ 1 tablespoon 0%-less-sodium taco seasoning

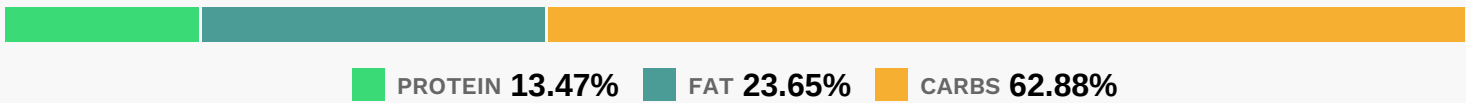
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place chicken in a bowl; sprinkle with taco seasoning, and toss well.
- ☐ . Stack 2 tortillas in a large nonstick skillet, and place over medium heat; cook about 30 seconds or until warm and soft, turning stack once.
- ☐ Remove tortillas from pan, and quickly spread half of each tortilla with 2 tablespoons refried beans. Top each with 1 tablespoon green onions, 1/3 cup chicken mixture, and 1/4 cup cheese.
- ☐ . Fold tortillas in half, and place, folded edges together, in pan. Cook 2 minutes on each side or until lightly browned and cheese melts.
- ☐ Remove from pan, and keep warm. Repeat procedure with remaining tortillas, beans, green onions, chicken mixture, and cheese.
- ☐ Cut each quesadilla into 3 wedges, and serve immediately with salsa.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:95.46, Inflammation Score:-9, Nutrition Score:53.336521748615%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 1969.45kcal (98.47%), Fat: 51.08g (78.59%), Saturated Fat: 18.9g (118.1%), Carbohydrates: 305.61g (101.87%), Net Carbohydrates: 282.72g (102.81%), Sugar: 24.57g (27.3%), Cholesterol: 30.41mg (10.14%), Sodium: 4976.05mg (216.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.49g (130.97%), Selenium: 147.23µg (210.33%), Vitamin B1: 3.1mg (206.4%), Vitamin B3: 31.54mg (157.68%), Manganese: 3.05mg (152.67%), Folate: 578.81µg (144.7%), Phosphorus: 1426.83mg (142.68%), Iron: 22.88mg (127.11%), Vitamin B2: 1.81mg (106.21%), Calcium: 989.48mg (98.95%), Fiber: 22.89g (91.57%), Vitamin K: 53.97µg (51.4%), Magnesium: 151.51mg (37.88%), Copper: 0.68mg (33.81%), Vitamin B6: 0.61mg (30.68%), Potassium: 947.47mg (27.07%), Zinc: 3.96mg (26.39%), Vitamin B5: 1.4mg (14.01%), Vitamin A: 298.88IU (5.98%), Vitamin E: 0.51mg (3.43%), Vitamin B12: 0.2µg (3.31%), Vitamin C: 1.59mg (1.93%)