



Enchilada Quesadillas

READY IN



20 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 oz chicken tenderloins frozen thawed cooked coarsely chopped
- 0.3 cup roasted peppers red drained chopped (from 7-oz jar)
- 0.3 cup cream sour
- 11 oz flour tortilla for burritos (8 count)
- 2 tablespoons vegetable oil
- 10 oz enchilada sauce red canned
- 4 oz colby cheese shredded
- 1 serving salsa thick

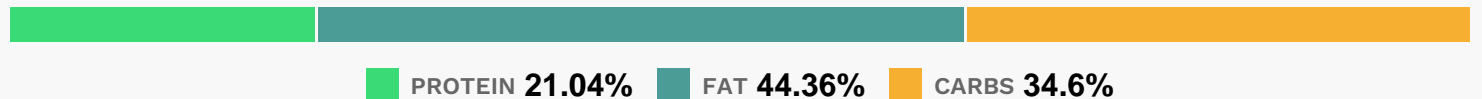
Equipment

- bowl
- frying pan

Directions

- In medium bowl, mix chicken, roasted peppers and sour cream.
- Heat 12-inch nonstick skillet over medium heat. To prepare each quesadilla, brush one side of tortilla with some of the oil.
- Place tortilla, oiled side down, in skillet.
- Brush 1 tablespoon enchilada sauce over entire tortilla. Top half of tortilla with 2 tablespoons cheese, 1/4 cup chicken mixture and 2 tablespoons more cheese. Fold other half of tortilla over filling, pressing down slightly.
- Cook 2 to 3 minutes, turning once, until tortilla is golden brown and cheese is melted. Repeat to make remaining quesadillas.
- Cut each quesadilla into 4 wedges.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:12.17, Inflammation Score:-7, Nutrition Score:20.224347840185%

Nutrients (% of daily need)

Calories: 543.79kcal (27.19%), Fat: 26.61g (40.94%), Saturated Fat: 10.86g (67.87%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 42.51g (15.46%), Sugar: 8.56g (9.51%), Cholesterol: 76.24mg (25.41%), Sodium: 1610.22mg (70.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.8%), Selenium: 42.54µg (60.77%), Vitamin B3: 10.28mg (51.38%), Phosphorus: 439.34mg (43.93%), Calcium: 331.55mg (33.16%), Vitamin B1: 0.45mg (29.67%), Vitamin B6: 0.58mg (29.09%), Vitamin B2: 0.42mg (24.66%), Iron: 3.82mg (21.23%), Manganese: 0.42mg (21.14%), Folate: 83.52µg (20.88%), Vitamin A: 947.11IU (18.94%), Vitamin K: 19.56µg (18.63%), Fiber: 4.18g (16.73%), Potassium: 420.85mg (12.02%), Vitamin B5: 1.16mg (11.64%), Zinc: 1.73mg (11.55%), Magnesium: 44.71mg (11.18%), Vitamin C: 6.53mg (7.92%), Vitamin B12: 0.39µg (6.55%), Copper: 0.13mg (6.47%), Vitamin E: 0.91mg

(6.06%), Vitamin D: 0.23 μ g (1.56%)