



Fiesta Chicken Quesadillas

READY IN



20 min.

SERVINGS



2

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bell pepper green thin
- 0.5 cup bell pepper red thin
- 1 cup roasted chicken cooked chopped
- 4 8-inch flour tortilla fat-free ()
- 1 tablespoon spring onion sliced (1 medium)
- 0.5 cup salsa thick
- 2 oz sharp cheddar cheese shredded reduced-fat

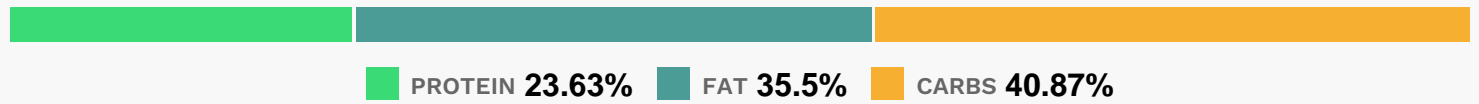
Equipment

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 450F. Line 15x10x1-inch pan with foil. Spray both sides of each tortilla lightly with cooking spray.
- Place 2 tortillas on foil-lined pan.
- Sprinkle each with half of the chicken, bell pepper strips, cheese and green onion. Top with remaining 2 tortillas.
- Bake 3 to 5 minutes or until light brown and crisp.
- Cut into wedges; serve with salsa.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:16.67, Inflammation Score:-9, Nutrition Score:29.13608670753%

Flavonoids

Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 577.91kcal (28.9%), Fat: 22.7g (34.93%), Saturated Fat: 9.74g (60.85%), Carbohydrates: 58.79g (19.6%), Net Carbohydrates: 52.87g (19.23%), Sugar: 8.44g (9.37%), Cholesterol: 80.85mg (26.95%), Sodium: 1417.55mg (61.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34g (67.99%), Vitamin C: 64.45mg (78.13%), Selenium: 48.63µg (69.47%), Vitamin B3: 11.24mg (56.19%), Phosphorus: 509.68mg (50.97%), Vitamin B1: 0.62mg (41.32%), Calcium: 382.58mg (38.26%), Vitamin A: 1889.88IU (37.8%), Vitamin B2: 0.58mg (33.86%), Manganese: 0.66mg (33.07%), Folate: 128.85µg (32.21%), Vitamin B6: 0.63mg (31.65%), Iron: 5.14mg (28.53%), Fiber: 5.92g (23.67%), Zinc: 2.9mg (19.36%), Vitamin K: 20.17µg (19.21%), Potassium: 596.8mg (17.05%), Magnesium: 61.48mg (15.37%), Vitamin B5: 1.23mg (12.35%), Vitamin E: 1.68mg (11.2%), Copper: 0.22mg (10.94%), Vitamin B12: 0.5µg (8.39%), Vitamin D: 0.17µg (1.13%)