



Gordon and Gary's Pesto Chicken Quesadillas

READY IN



52 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings roasted almonds
- ☐ 1 flour tortilla
- ☐ 4 servings basil leaves fresh
- ☐ 1 clove garlic
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings olive oil
- ☐ 0.3 teaspoon paprika
- ☐ 4 servings parmesan cheese
- ☐ 0.3 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 chicken breast boneless skinless

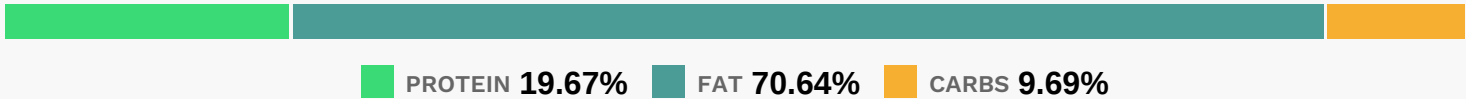
Equipment

- ☐ bowl
- ☐ grill
- ☐ immersion blender

Directions

- ☐ In a sturdy and large plastic cup put a large handful of fresh basil leaves, 1 clove of garlic, a 1/4 cup of roasted almonds, 1/4 cup of shredded Parmesan, a drizzle of olive oil, and a pinch of salt and pepper. Use an immersion blender to blend it all together, until smooth and bright green. Reserve.
- ☐ Mix together the paprika, pepper, and cumin in a bowl with a teaspoon of salt. Dust the chicken breasts with the spice mixture and rub in. Grill on a medium hot grill, turning occasionally until chicken is just cooked through. Depending on how thick the breasts are, about 5 to 6 minutes per side.
- ☐ Remove from grill and let rest.
- ☐ Cut the chicken into 1/2-inch slices and set aside.
- ☐ Lay a tortilla over low heat on the grill and spread a thin layer of pesto over it.
- ☐ Lay the strips of chicken over the tortilla and sprinkle with Parmesan, cover with another tortilla. Cook until you get color on the bottom and carefully flip it over to cook the other side. Once it is done, remove from heat and let rest for 1 minute.
- ☐ Cut the tortilla like a pizza and serve.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:1.82, Inflammation Score:-6, Nutrition Score:19.25565216334%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 473.65kcal (23.68%), Fat: 38.15g (58.69%), Saturated Fat: 8.39g (52.41%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 7.59g (2.76%), Sugar: 1.86g (2.06%), Cholesterol: 38.48mg (12.83%), Sodium: 1151.28mg (50.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.89g (47.79%), Vitamin E: 9.88mg (65.86%), Calcium: 457.27mg (45.73%), Phosphorus: 431.54mg (43.15%), Manganese: 0.81mg (40.44%), Vitamin B2: 0.5mg (29.18%), Selenium: 18.84µg (26.91%), Magnesium: 106.2mg (26.55%), Vitamin B3: 4.5mg (22.48%), Copper: 0.35mg (17.52%), Vitamin K: 18.33µg (17.46%), Fiber: 4.19g (16.75%), Vitamin B6: 0.3mg (15.06%), Zinc: 2.01mg (13.41%), Iron: 2.11mg (11.72%), Potassium: 380.88mg (10.88%), Vitamin B1: 0.13mg (8.89%), Vitamin A: 414.62IU (8.29%), Vitamin B5: 0.71mg (7.06%), Vitamin B12: 0.42µg (6.94%), Folate: 24.99µg (6.25%), Vitamin D: 0.18µg (1.19%), Vitamin C: 0.95mg (1.16%)