



Grands!® Chicken-Bacon Quesadillas

 Popular

READY IN



40 min.

SERVINGS



12

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices precooked bacon chopped
- ☐ 16.3 ounce grands!® homestyle buttermilk biscuits refrigerated pillsbury® canned
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 4 green onions thinly sliced
- ☐ 0.3 cup smucker's® peach preserves
- ☐ 0.8 cup queso blanco cheese shredded crumbled
- ☐ 1 ounce ranch dip mix
- ☐ 0.3 pound roasted chicken sliced chopped (from deli)

- ☐ 1 cup salsa chunky-style
- ☐ 8 ounce cup heavy whipping cream sour

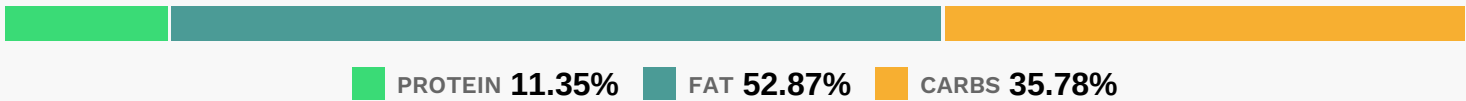
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In small bowl, mix sour cream, 1 sliced green onion and 1 tablespoon of the ranch dip mix. In another small bowl, mix salsa, preserves and 1 tablespoon of the cilantro.
- ☐ Heat closed medium-size contact grill for 5 minutes; spray grill plates with Crisco® Original No-Stick Cooking Spray. Meanwhile, in medium bowl, mix chicken, cheese, bacon and remaining green onions, cilantro and ranch dip mix.
- ☐ Separate dough into 8 biscuits; press or roll each into 5-inch round.
- ☐ Place 1/4 cup chicken mixture on one side of each biscuit round. Fold biscuit over filling; press edges to seal.
- ☐ Place biscuits, two at a time, on grill; close grill. Cook 2 to 3 minutes or until golden brown.
- ☐ Cut each quesadilla into 3 wedges.
- ☐ Serve with sour cream and salsa mixtures.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:14.52, Inflammation Score:-4, Nutrition Score:8.5173913603244%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 311.56kcal (15.58%), Fat: 18.34g (28.21%), Saturated Fat: 5.98g (37.37%), Carbohydrates: 27.92g (9.31%), Net Carbohydrates: 26.84g (9.76%), Sugar: 6.52g (7.24%), Cholesterol: 33.56mg (11.19%), Sodium: 852.32mg

(37.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.71%), Phosphorus: 258.38mg (25.84%), Selenium: 15.04µg (21.49%), Vitamin B1: 0.23mg (15.25%), Vitamin B3: 2.91mg (14.56%), Vitamin B2: 0.2mg (11.7%), Vitamin K: 11.44µg (10.89%), Manganese: 0.19mg (9.57%), Calcium: 93.41mg (9.34%), Iron: 1.66mg (9.22%), Folate: 33.36µg (8.34%), Vitamin B6: 0.15mg (7.58%), Potassium: 243.31mg (6.95%), Vitamin A: 339.9IU (6.8%), Vitamin E: 0.97mg (6.46%), Zinc: 0.82mg (5.5%), Vitamin B12: 0.32µg (5.37%), Magnesium: 18.37mg (4.59%), Fiber: 1.08g (4.3%), Vitamin B5: 0.43mg (4.28%), Copper: 0.07mg (3.71%), Vitamin C: 1.98mg (2.4%), Vitamin D: 0.26µg (1.76%)