



Grilled Chicken Quesadillas

READY IN



35 min.

SERVINGS



4

CALORIES



857 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 oz black beans drained and rinsed canned
- ☐ 0.3 cup pepper flakes sliced chopped
- ☐ 4 10-inch flour tortilla ()
- ☐ 6 ounces monterrey jack cheese grated
- ☐ 3.5 cups rotisserie chicken cut shredded skinless cooked
- ☐ 4 servings salt

Equipment

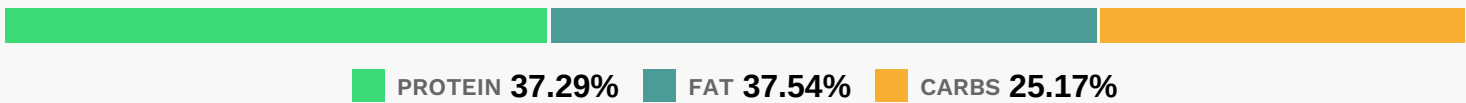
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ potato masher
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Preheat oven to 200F and line a large baking sheet with foil or parchment.
- ☐ Place beans in a large bowl and use a potato masher or fork to mash them slightly.
- ☐ Add chicken, cheese and jalapeos and stir to combine. Season with salt.
- ☐ Place 1 tortilla on a work surface and spread a quarter of chicken mixture over half of tortilla. Fold other half of tortilla over to form a half-moon, pressing firmly. Repeat with remaining chicken mixture and tortillas.
- ☐ Warm a ridged grill pan or a 12-inch skillet over medium heat. Cook 1 quesadilla at a time, turning carefully once, until cheese is melted and tortillas are golden, 2 to 4 minutes per side.
- ☐ Transfer grilled quesadilla to prepared baking sheet and place in oven to keep warm. Repeat with remaining quesadillas. When all quesadillas are grilled, cut each into 4 wedges and serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:11.31, Inflammation Score:-6, Nutrition Score:20.134347817172%

Nutrients (% of daily need)

Calories: 857.44kcal (42.87%), Fat: 35.75g (55%), Saturated Fat: 14.74g (92.15%), Carbohydrates: 53.92g (17.97%), Net Carbohydrates: 43.75g (15.91%), Sugar: 3.34g (3.71%), Cholesterol: 236.58mg (78.86%), Sodium: 2105.16mg (91.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.89g (159.77%), Calcium: 459.31mg (45.93%), Phosphorus: 455.68mg (45.57%), Fiber: 10.17g (40.68%), Folate: 142.62µg (35.66%), Vitamin B1: 0.52mg (34.6%), Selenium: 23.25µg (33.22%), Manganese: 0.62mg (31.22%), Vitamin B2: 0.5mg (29.6%), Iron: 5.03mg (27.96%),

Vitamin C: 16.44mg (19.92%), Vitamin B3: 3.93mg (19.66%), Magnesium: 67.49mg (16.87%), Copper: 0.31mg (15.48%), Zinc: 2.26mg (15.1%), Potassium: 490.52mg (14.01%), Vitamin B6: 0.18mg (9.14%), Vitamin A: 420.66IU (8.41%), Vitamin K: 7.42µg (7.06%), Vitamin B12: 0.35µg (5.88%), Vitamin B5: 0.43mg (4.25%), Vitamin D: 0.26µg (1.7%), Vitamin E: 0.18mg (1.17%)