



## Grilled Chicken Quesadillas

READY IN



26 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 pounds skinned and boned chicken breasts
- ☐ 12 6-inch flour tortillas ()
- ☐ 1 tablespoon marjoram fresh minced
- ☐ 0.3 cup juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 6 servings cilantro-pecan pesto
- ☐ 1 teaspoon pepper
- ☐ 6 servings toppings: salsa picante sour chopped
- ☐ 1 teaspoon salt

☐ 4 ounces mexican four-cheese blend shredded

Equipment

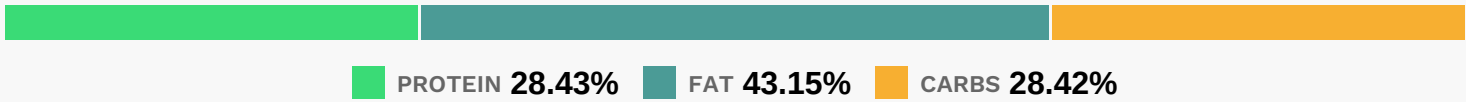
☐ frying pan

☐ grill

Directions

- ☐ Combine first 5 ingredients in a shallow dish or zip-top freezer bag; add chicken. Cover or seal, and chill 2 hours.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Grill chicken, covered with grill lid, over medium-high heat (350 to 400 degrees F) 10 to 15 minutes on each side or until done.
- ☐ Cut chicken into thin strips.
- ☐ Top 1 side of 6 tortillas evenly with Cilantro-Pecan Pesto, cheese, and chicken. Top with remaining tortillas.
- ☐ Cook quesadillas in a lightly greased skillet or griddle over medium-high heat (350 to 400 degrees F) 3 to 5 minutes on each side or until browned.
- ☐ Cut each quesadilla into quarters.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:9.41, Inflammation Score:-7, Nutrition Score:21.838260966799%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 493.44kcal (24.67%), Fat: 23.42g (36.03%), Saturated Fat: 7.22g (45.15%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 31.63g (11.5%), Sugar: 4.39g (4.88%), Cholesterol: 91.73mg (30.58%), Sodium: 1426.23mg (62.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.72g (69.44%), Selenium: 52.82µg (75.46%), Vitamin B3: 14.89mg (74.43%), Vitamin B6: 0.96mg (47.95%), Phosphorus: 457.36mg (45.74%), Vitamin B1: 0.39mg (26.26%), Calcium: 255.03mg (25.5%), Vitamin B2: 0.36mg (20.93%), Manganese: 0.4mg (20.01%), Vitamin B5: 1.85mg (18.49%), Potassium: 615.33mg (17.58%), Iron: 3.03mg (16.81%), Folate: 66.58µg (16.65%), Vitamin K: 15.27µg (14.54%), Magnesium: 54.03mg (13.51%), Vitamin A: 651.19IU (13.02%), Fiber: 3.07g (12.26%), Zinc: 1.63mg (10.85%), Vitamin E: 1.36mg (9.07%), Vitamin C: 6.45mg (7.81%), Vitamin B12: 0.46µg (7.65%), Copper: 0.13mg (6.37%), Vitamin D: 0.21µg (1.39%)