



Grilled Chicken Quesadillas

READY IN



30 min.

SERVINGS



30

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 0.3 cup heinz distilled vinegar white
- 4 6-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 4 singles kraft
- 1 onion red sliced
- 1 lb chicken breasts boneless skinless
- 1 Tbsp sugar

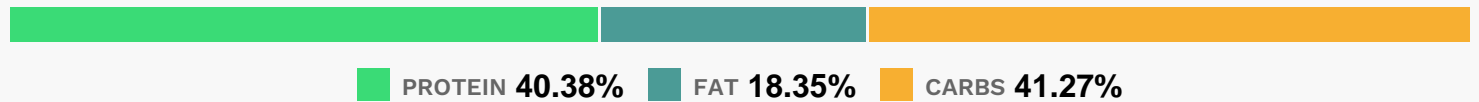
Equipment

- bowl
- grill

Directions

- Heat grill to medium heat.
- Cook onions in boiling water 5 min. or until tender; drain.
- Place onions in medium bowl.
- Add vinegar and sugar; mix well. Refrigerate until ready to use.
- Grill chicken 5 to 6 min. on each side or until done (165F), brushing with barbecue sauce for the last 5 min.
- Cut into thin strips.
- Top tortillas with chicken, onions and Singles; fold in half. Grill 1 to 2 min. on each side or until Singles are melted and quesadillas are lightly browned on both sides.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:0.98, Inflammation Score:-1, Nutrition Score:2.0591304098134%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 37.32kcal (1.87%), Fat: 0.73g (1.13%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 3.48g (1.27%), Sugar: 1.51g (1.67%), Cholesterol: 9.7mg (3.23%), Sodium: 73.53mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin B3: 1.77mg (8.87%), Selenium: 5.8µg (8.28%), Vitamin B6: 0.12mg (6.1%), Phosphorus: 42.94mg (4.29%), Vitamin B5: 0.23mg (2.31%), Vitamin B1: 0.03mg (2.14%),

Potassium: 72.9mg (2.08%), Vitamin B2: 0.03mg (1.73%), Manganese: 0.03mg (1.6%), Magnesium: 5.55mg (1.39%),
Folate: 5.19µg (1.3%), Iron: 0.23mg (1.26%)