



WHATSheATE



HEALTH SCORE

69%

## Grilled Enchilada Quesadillas



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



2481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



9 oz chicken breast strips/pre-cooked/chopped frozen thawed cooked coarsely chopped southwestern-flavored



1 cup colby cheese shredded



0.3 cup roasted peppers red (from a jar)



0.3 cup cream sour



56 8-inch flour tortilla



10 oz enchilada sauce red canned



1 serving salsa

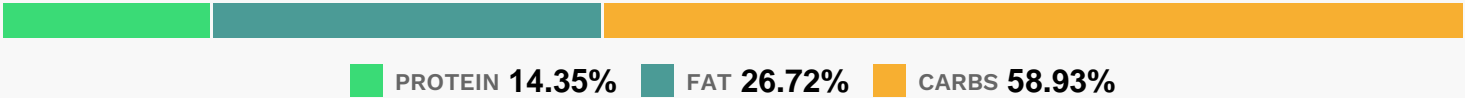
# Equipment

- ☐ bowl
- ☐ grill

# Directions

- ☐ Heat closed contact grill for 5 minutes.
- ☐ Meanwhile, in large bowl, combine chopped chicken strips, cheese, roasted pepper strips and sour cream; toss to mix.
- ☐ Spread 4 tortillas with enchilada sauce.
- ☐ Spread chicken mixture evenly over enchilada sauce. Top with remaining tortillas.
- ☐ When grill is heated, place 1 quesadilla on bottom grill surface. Close grill; cook 3 to 5 minutes or until golden brown and cheese is melted. Repeat with remaining quesadillas.
- ☐ Cut each into 4 wedges.
- ☐ Serve with salsa.

# Nutrition Facts



# Properties

Glycemic Index:8.5, Glycemic Load:111.43, Inflammation Score:-10, Nutrition Score:56.950434695119%

# Nutrients (% of daily need)

Calories: 2480.81kcal (124.04%), Fat: 72.75g (111.92%), Saturated Fat: 29.62g (185.1%), Carbohydrates: 361.01g (120.34%), Net Carbohydrates: 334.57g (121.66%), Sugar: 32.18g (35.76%), Cholesterol: 94.05mg (31.35%), Sodium: 6292.76mg (273.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.91g (175.82%), Selenium: 182.24µg (260.35%), Vitamin B1: 3.65mg (243.26%), Vitamin B3: 40.49mg (202.43%), Manganese: 3.57mg (178.33%), Phosphorus: 1782.32mg (178.23%), Folate: 682.23µg (170.56%), Iron: 27.37mg (152.06%), Vitamin B2: 2.24mg (131.72%), Calcium: 1298.4mg (129.84%), Fiber: 26.44g (105.78%), Vitamin K: 53.04µg (50.52%), Magnesium: 187.76mg (46.94%), Vitamin B6: 0.87mg (43.28%), Copper: 0.81mg (40.34%), Zinc: 5.51mg (36.76%), Potassium: 1149.09mg (32.83%), Vitamin A: 987.6IU (19.75%), Vitamin B5: 1.92mg (19.24%), Vitamin B12: 0.52µg (8.68%), Vitamin C: 5.77mg (6.99%), Vitamin E: 0.42mg (2.78%), Vitamin D: 0.26µg (1.75%)