



Island Quesadilla

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 6-inch corn tortillas ()
- 4 oz philadelphia cream cheese softened ()
- 2 cloves garlic minced
- 1 medium bell pepper green thinly sliced
- 1 tsp ground cinnamon
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 mangos whole peeled chopped
- 1 cup cheddar cheese shredded kraft

1 lb chicken breast boneless skinless chopped

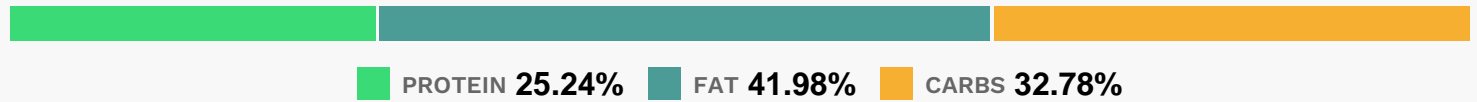
Equipment

frying pan

Directions

- Heat dressing in large skillet on medium-high heat.
- Add garlic, mango, pepper and cinnamon; cook 3 min. stirring often.
- Add chicken; cook 10 min. or until cooked through, stirring often.
- Remove mixture from skillet; keep warm.
- Spread 1 tsp. cream cheese on each tortilla. Spoon warm chicken mixture evenly on half of each tortilla; top each evenly with cheese. Fold in half.
- Heat skillet sprayed with cooking spray on medium-high heat.
- Place quesadillas in skillet; cook 2 min. Turn over; cook 2 min. or until cheese melts and edges are lightly browned.

Nutrition Facts



Properties

Glycemic Index:6.71, Glycemic Load:2.6, Inflammation Score:-2, Nutrition Score:3.6486956658571%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 78.65kcal (3.93%), Fat: 3.72g (5.72%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 5.65g (2.05%), Sugar: 1.5g (1.67%), Cholesterol: 17.26mg (5.75%), Sodium: 78.4mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Selenium: 6.98µg (9.96%), Vitamin B3: 1.81mg (9.04%), Phosphorus: 88.12mg (8.81%), Vitamin B6: 0.16mg (8.09%), Vitamin C: 5.96mg (7.22%), Calcium: 42.12mg (4.21%),

Vitamin A: 183.56IU (3.67%), Fiber: 0.88g (3.53%), Magnesium: 14.06mg (3.52%), Manganese: 0.07mg (3.26%),
Vitamin B2: 0.05mg (3.01%), Potassium: 104.53mg (2.99%), Vitamin B5: 0.28mg (2.83%), Zinc: 0.4mg (2.65%),
Vitamin K: 1.91µg (1.82%), Vitamin B1: 0.03mg (1.76%), Copper: 0.03mg (1.68%), Vitamin E: 0.24mg (1.6%), Folate:
5.63µg (1.41%), Vitamin B12: 0.08µg (1.31%), Iron: 0.23mg (1.3%)