



Korean BBQ Kimchi Quesadillas

READY IN



105 min.

SERVINGS



4

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb chicken breast boneless skinless
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon sesame oil toasted
- ☐ 1 tablespoon sesame seed
- ☐ 4 cloves garlic chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup mayonnaise

- ☐ 2 teaspoons sriracha (Korean chili-bean paste)
- ☐ 1 teaspoon soya sauce
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 1 cup kimchi chopped
- ☐ 4 oz monterrey jack cheese shredded finely
- ☐ 0.3 cup spring onion thinly sliced (4 medium)
- ☐ 1 tablespoon vegetable oil

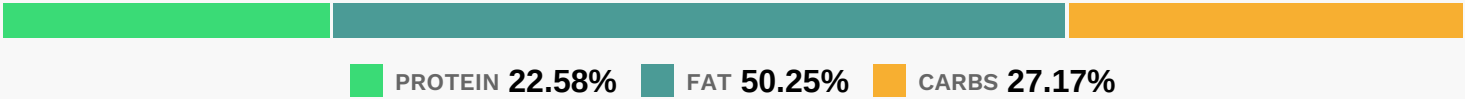
Equipment

- ☐ frying pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place chicken in large heavy-duty resealable plastic bag. Stir together marinade ingredients; pour over chicken in bag. Seal and refrigerate at least 1 hour but no longer than 8 hours.
- ☐ Remove chicken from marinade; discard marinade.
- ☐ Heat gas or charcoal grill.
- ☐ Place chicken on grill over medium heat. Cover grill; cook 14 to 16 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165°F). Thinly slice chicken.
- ☐ Meanwhile, stir together sauce ingredients. Cover and refrigerate until serving.
- ☐ To make quesadillas, top half of each tortilla with chicken, kimchi, cheese and green onion. Fold tortillas in half.
- ☐ Brush both sides of tortilla with oil.
- ☐ Heat 12-inch nonstick skillet over medium-low heat.
- ☐ Add 2 quesadillas to skillet. Cook 2 to 3 minutes, turning once, until tortilla is brown and crisp and cheese is melted. Repeat with remaining quesadillas.
- ☐ Cut quesadillas into wedges.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:85.02, Glycemic Load:17.05, Inflammation Score:-7, Nutrition Score:29.058261197546%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 717.34kcal (35.87%), Fat: 39.85g (61.3%), Saturated Fat: 11.7g (73.15%), Carbohydrates: 48.47g (16.16%), Net Carbohydrates: 44.61g (16.22%), Sugar: 9.92g (11.02%), Cholesterol: 105.65mg (35.22%), Sodium: 2087.63mg (90.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.29g (80.58%), Selenium: 59.7µg (85.29%), Vitamin B3: 16.41mg (82.07%), Vitamin K: 69.61µg (66.3%), Phosphorus: 576.5mg (57.65%), Vitamin B6: 1.08mg (53.77%), Calcium: 375.78mg (37.58%), Vitamin B1: 0.51mg (33.97%), Vitamin B2: 0.55mg (32.32%), Manganese: 0.62mg (30.75%), Iron: 5.07mg (28.19%), Folate: 107.89µg (26.97%), Vitamin B5: 1.92mg (19.24%), Potassium: 666.79mg (19.05%), Magnesium: 74.42mg (18.61%), Fiber: 3.86g (15.44%), Zinc: 2.31mg (15.37%), Copper: 0.25mg (12.63%), Vitamin E: 1.35mg (9.02%), Vitamin B12: 0.48µg (8.07%), Vitamin A: 394.65IU (7.89%), Vitamin C: 4.97mg (6.02%), Vitamin D: 0.32µg (2.14%)