



Lemon-Rosemary Chicken Quesadilla Salad with Shallot-Mustard Vinaigrette

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons curd cottage cheese fat-free
- ☐ 4 8-inch flour tortillas fat-free
- ☐ 2 ounces goat cheese softened
- ☐ 3 tablespoons dijon-lemon vinaigrette
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated

- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 2 cups roasted boneless skinless chopped 2 breasts
- ☐ 8 cups gourmet salad greens
- ☐ 2 teaspoons shallots minced
- ☐ 0.5 teaspoon or dried fresh chopped

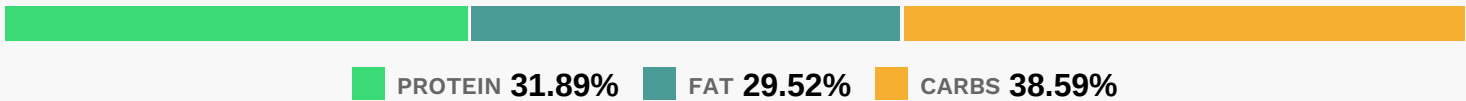
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare the vinaigrette, combine the first 6 ingredients, and stir with a whisk. Set aside.
- ☐ To prepare the quesadillas, combine the goat cheese and the next 5 ingredients (goat cheese through 1/4 teaspoon black pepper) in a small bowl.
- ☐ Spread 2 tablespoons of the goat cheese mixture evenly over each tortilla. Arrange 1 cup chopped chicken over the goat cheese mixture on each of 2 tortillas, and top with the remaining tortillas.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat. Cook the quesadillas for 4 minutes on each side or until golden brown.
- ☐ Remove the quesadillas from the skillet, and cut each quesadilla into 8 wedges.
- ☐ Combine the vinaigrette with the salad greens, and toss well. Arrange 2 cups salad on each of 4 plates, and top each serving with 4 quesadilla wedges.

Nutrition Facts



Properties

Glycemic Index:55.88, Glycemic Load:8.21, Inflammation Score:-8, Nutrition Score:18.463043466858%

Flavonoids

Eriodictyol: 2.55mg, Eriodictyol: 2.55mg, Eriodictyol: 2.55mg, Eriodictyol: 2.55mg Hesperetin: 3.64mg, Hesperetin: 3.64mg, Hesperetin: 3.64mg, Hesperetin: 3.64mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 312.02kcal (15.6%), Fat: 10.18g (15.65%), Saturated Fat: 4.15g (25.94%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 27.67g (10.06%), Sugar: 2.64g (2.93%), Cholesterol: 55.05mg (18.35%), Sodium: 577.42mg (25.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.47%), Selenium: 37.29µg (53.27%), Vitamin B3: 10.61mg (53.07%), Vitamin B6: 0.71mg (35.42%), Phosphorus: 348.56mg (34.86%), Vitamin C: 27.2mg (32.97%), Vitamin B1: 0.35mg (23.26%), Vitamin A: 1083.12IU (21.66%), Folate: 85.41µg (21.35%), Manganese: 0.42mg (21.23%), Vitamin B2: 0.33mg (19.64%), Iron: 3.04mg (16.88%), Potassium: 519.38mg (14.84%), Vitamin B5: 1.41mg (14.13%), Calcium: 120.23mg (12.02%), Copper: 0.23mg (11.39%), Magnesium: 44.81mg (11.2%), Fiber: 2.26g (9.02%), Zinc: 1.06mg (7.08%), Vitamin K: 4.91µg (4.68%), Vitamin B12: 0.21µg (3.52%), Vitamin E: 0.34mg (2.28%)