



## Mango, Chicken, and Chorizo Quesadillas

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.3 ounces chorizo sausage diced spanish
- 0.5 cup roasted corn salsa fat-free
- 4 8-inch flour tortillas fat-free ()
- 4 teaspoons cilantro leaves fresh chopped
- 3 ounces mexican cheese blend shredded reduced-fat
- 0.5 cup mangos peeled chopped
- 1.3 cups roasted shredded boneless skinless
- 0.3 cup cup heavy whipping cream fat-free sour

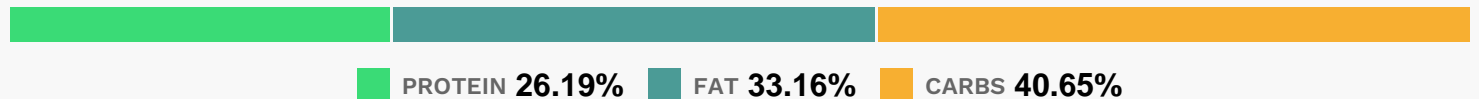
## Equipment

- frying pan
- paper towels

## Directions

- Heat a large nonstick skillet over medium-high heat.
- Add sausage to pan; saut 1 minute. Stir in chicken; saut 2 minutes or until thoroughly heated.
- Remove sausage mixture from pan; set aside. Wipe pan with a paper towel.
- Sprinkle half of each tortilla with 3 tablespoons cheese; top with 1/4 cup sausage mixture, 2 tablespoons mango, and 1 teaspoon cilantro. Carefully fold tortillas in half, pressing gently to seal.
- Return pan to medium heat. Coat pan with cooking spray.
- Add 2 filled tortillas to pan; cook 2 minutes on each side or until lightly browned. Repeat with cooking spray and remaining filled tortillas. Top each serving with 2 tablespoons salsa and 1 tablespoon sour cream.
- Garnish with cilantro sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:43.31, Glycemic Load:11.37, Inflammation Score:-6, Nutrition Score:15.647391262262%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 348.11kcal (17.41%), Fat: 12.8g (19.69%), Saturated Fat: 6.13g (38.34%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 32.72g (11.9%), Sugar: 5.77g (6.41%), Cholesterol: 60.73mg (20.24%), Sodium: 615.67mg (26.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.5%), Selenium: 30.59µg (43.71%), Vitamin B3:

7.63mg (38.15%), Phosphorus: 358.87mg (35.89%), Calcium: 346.84mg (34.68%), Vitamin B6: 0.45mg (22.67%), Vitamin B1: 0.32mg (21.49%), Vitamin B2: 0.29mg (17.35%), Folate: 69.01µg (17.25%), Vitamin C: 13.33mg (16.16%), Manganese: 0.3mg (15.23%), Iron: 2.42mg (13.47%), Vitamin A: 571.92IU (11.44%), Zinc: 1.67mg (11.11%), Fiber: 2.58g (10.32%), Potassium: 352.64mg (10.08%), Magnesium: 39.38mg (9.85%), Vitamin B5: 0.95mg (9.45%), Vitamin B12: 0.49µg (8.16%), Copper: 0.1mg (5.25%), Vitamin K: 5.36µg (5.1%), Vitamin E: 0.33mg (2.2%)