



Pace® Spicy Grilled Quesadillas

READY IN



17 min.

SERVINGS



4

CALORIES



875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup meat from a rotisserie chicken diced cooked
- 8 8-inch flour tortillas ()
- 4 medium green onions chopped
- 16 ounce & chunky salsa thick pace®
- 2 cups cheddar cheese shredded
- 8 ounce cup heavy whipping cream sour
- 4 servings vegetable oil

Equipment

grill

Directions

- Top each of 4 tortillas with 1/2 cup cheese, 1/4 cup salsa, 1/4 cup chicken and 2 tablespoons green onions. Moisten edges of tortillas with water. Top with remaining tortillas and press edges together to seal.
- Lightly oil grill rack and heat grill to medium.
- Brush tops of quesadillas with oil.
- Place quesadillas oil-side down on grill rack.
- Brush other side of quesadillas with oil. Grill quesadillas 5 minutes or until cheese is melted, turning quesadillas over once during grilling.
- Remove quesadillas from grill and let stand 2 min.
- Cut quesadillas into wedges.
- Serve with remaining salsa and sour cream.

Nutrition Facts

 **PROTEIN 15.24%**  **FAT 56.1%**  **CARBS 28.66%**

Properties

Glycemic Index:23.25, Glycemic Load:16.52, Inflammation Score:-9, Nutrition Score:30.275217315425%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 874.8kcal (43.74%), Fat: 54.92g (84.5%), Saturated Fat: 22.35g (139.69%), Carbohydrates: 63.14g (21.05%), Net Carbohydrates: 57.13g (20.78%), Sugar: 10.57g (11.75%), Cholesterol: 116.2mg (38.73%), Sodium: 1910.35mg (83.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.57g (67.15%), Selenium: 50.55µg (72.22%), Vitamin K: 71.11µg (67.72%), Calcium: 652.39mg (65.24%), Phosphorus: 621.02mg (62.1%), Vitamin B3: 8.7mg (43.49%), Vitamin B2: 0.73mg (43.05%), Vitamin B1: 0.61mg (40.69%), Manganese: 0.67mg (33.69%), Vitamin A: 1627.58IU (32.55%), Folate: 127.03µg (31.76%), Iron: 4.96mg (27.54%), Zinc: 3.62mg (24.12%), Fiber: 6g (24%), Vitamin B6: 0.47mg (23.73%), Vitamin E: 3.25mg (21.67%), Potassium: 656mg (18.74%), Magnesium: 70.72mg (17.68%), Vitamin B12: 0.82µg (13.66%), Copper: 0.24mg (12.05%), Vitamin B5: 1.17mg (11.72%), Vitamin C: 5.48mg (6.65%), Vitamin D: 0.34µg (2.26%)