



Pepper Jack, Chicken, and Peach Quesadillas

READY IN



30 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken breast boneless skinless chopped
- ☐ 4 8-inch flour tortilla ()
- ☐ 4 teaspoons cilantro leaves fresh chopped
- ☐ 1 teaspoon honey
- ☐ 0.5 teaspoon juice of lime fresh
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 3 ounces monterrey jack cheese shredded with jalapeño peppers
- ☐ 1 cup peaches firm ripe peeled thinly sliced

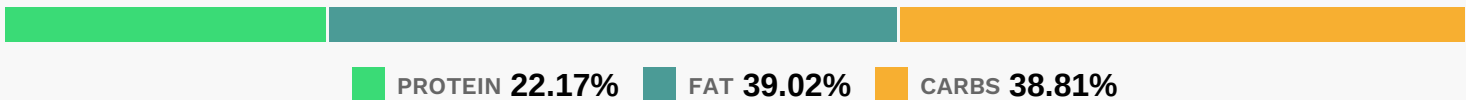
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine honey and lime juice in a small bowl, stirring well with a whisk. Stir sour cream into honey mixture; cover and chill until ready to serve.
- ☐ Place tortillas flat on a work surface.
- ☐ Sprinkle 3 tablespoons cheese over half of each tortilla; top each tortilla with 1/4 cup chicken, 1/4 cup peaches, and 1 teaspoon cilantro. Fold tortillas in half.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Place 2 quesadillas in the pan, and top quesadillas with a cast-iron or other heavy skillet. Cook 1 1/2 minutes on each side or until tortillas are crisp and lightly browned (leave cast-iron skillet on quesadillas as they cook).
- ☐ Remove quesadillas from pan; set aside, and keep warm. Repeat procedure with the remaining quesadillas.
- ☐ Cut each quesadilla into wedges.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:10.08, Inflammation Score:-5, Nutrition Score:13.274782585061%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,

Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 338.89kcal (16.94%), Fat: 14.64g (22.52%), Saturated Fat: 7.67g (47.92%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 30.4g (11.05%), Sugar: 6.74g (7.49%), Cholesterol: 52.99mg (17.66%), Sodium: 575.43mg (25.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.72g (37.44%), Selenium: 28.17µg (40.24%), Vitamin B3: 6.52mg (32.6%), Phosphorus: 307.3mg (30.73%), Calcium: 277.29mg (27.73%), Vitamin B1: 0.3mg (20.31%), Vitamin B2: 0.31mg (18.33%), Vitamin B6: 0.34mg (17.2%), Folate: 58.9µg (14.72%), Manganese: 0.29mg (14.27%), Iron: 2.3mg (12.8%), Fiber: 2.37g (9.49%), Potassium: 329.8mg (9.42%), Zinc: 1.36mg (9.09%), Magnesium: 32.78mg (8.19%), Vitamin A: 401.63IU (8.03%), Vitamin B5: 0.72mg (7.24%), Vitamin B12: 0.37µg (6.2%), Vitamin K: 5.89µg (5.61%), Copper: 0.11mg (5.28%), Vitamin E: 0.5mg (3.32%), Vitamin C: 2.51mg (3.04%), Vitamin D: 0.22µg (1.48%)