



Pico de Gallo Chicken Quesadillas

READY IN



55 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 12-inch flour tortillas
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green thinly sliced
- ☐ 1 jalapeno minced seeded
- ☐ 2 juice of lime juiced
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 onion thinly sliced

- ☐ 4 servings salt and pepper to taste
- ☐ 2 chicken breast halves boneless skinless cut into strips
- ☐ 0.3 cup cup heavy whipping cream sour for topping
- ☐ 2 tomatoes diced

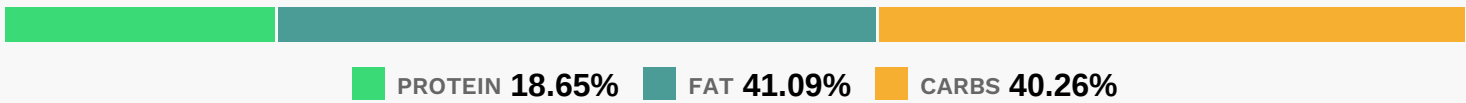
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl, combine tomatoes, onion, lime juice, cilantro, jalapeno, salt and pepper. Set aside.
- ☐ In a large skillet, heat 1 tablespoon olive oil.
- ☐ Add chicken and saute until cooked through and juices run clear.
- ☐ Remove chicken from skillet and set aside.
- ☐ Put the remaining 1 tablespoon of olive oil in the hot skillet and saute the sliced onion and green pepper until tender. Stir in the minced garlic and saute until the aroma is strong.
- ☐ Mix in half of the pico de gallo and chicken breast meat. Set aside; keep warm.
- ☐ In a heavy skillet, heat one flour tortilla.
- ☐ Spread 1/4 cup shredded cheese on the tortilla and top with 1/2 the chicken mixture.
- ☐ Sprinkle another 1/4 cup cheese over the chicken and top with another tortilla. When bottom tortilla is lightly brown and cheese has started to melt, flip quesadilla and cook on the opposite side.
- ☐ Remove quesadilla from skillet and cut into quarters. Repeat with remaining ingredients.
- ☐ Serve quesadillas with sour cream and remaining pico de gallo.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:19.02, Inflammation Score:-8, Nutrition Score:27.646956474885%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 638.53kcal (31.93%), Fat: 29.14g (44.83%), Saturated Fat: 11.51g (71.93%), Carbohydrates: 64.22g (21.41%), Net Carbohydrates: 58.56g (21.3%), Sugar: 8.19g (9.1%), Cholesterol: 69.78mg (23.26%), Sodium: 1277.74mg (55.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.76g (59.52%), Selenium: 48.44µg (69.2%), Vitamin B3: 11.57mg (57.87%), Vitamin C: 43.34mg (52.54%), Phosphorus: 519.94mg (51.99%), Vitamin B1: 0.67mg (44.73%), Calcium: 412.38mg (41.24%), Manganese: 0.73mg (36.65%), Vitamin B6: 0.69mg (34.51%), Folate: 132.79µg (33.2%), Vitamin B2: 0.54mg (31.92%), Iron: 4.95mg (27.49%), Fiber: 5.66g (22.65%), Vitamin K: 21.95µg (20.91%), Vitamin A: 1005.25IU (20.11%), Potassium: 643.69mg (18.39%), Magnesium: 62.11mg (15.53%), Zinc: 2.03mg (13.53%), Vitamin B5: 1.24mg (12.4%), Vitamin E: 1.85mg (12.35%), Copper: 0.22mg (10.87%), Vitamin B12: 0.38µg (6.29%), Vitamin D: 0.23µg (1.51%)