



Quesadillas de Pollo (Chicken Quesadillas)

 Popular

READY IN



45 min.

SERVINGS



5

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.8 cup cream cheese softened
- ☐ 10 flour tortillas
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 green onion finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 0.5 teaspoon onion powder

- ☐ 5 servings salt and pepper
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 2 cups meat from a rotisserie chicken shredded cooked

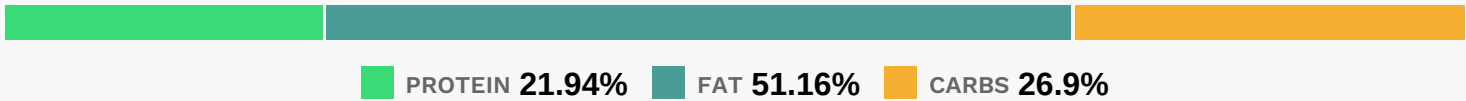
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ spatula

Directions

- ☐ In a large mixing bowl, combine the cream cheese, chili, cumin, onion powder, garlic powder, salt, pepper, cilantro, green onions, chicken and shredded cheese.
- ☐ Mix thoroughly until well combined.On a work surface, spread 2 of the tortillas. Spoon some of the mixture over the bottom of each tortilla.Top with another tortilla.
- ☐ Heat a large nonstick skillet with cooking spray over medium heat. Carefully place 1 quesadilla in pan and cook 2 minutes.Using a spatula, gently flip the quesadilla and cook an additional 2 minutes until lightly browned and the cheese is melted. Repeat with second quesadilla.
- ☐ Serve warm with your favorite salsa.

Nutrition Facts



Properties

Glycemic Index:37.8, Glycemic Load:10.02, Inflammation Score:-6, Nutrition Score:15.933913026167%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 488.67kcal (24.43%), Fat: 27.59g (42.44%), Saturated Fat: 13.98g (87.37%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 30.35g (11.04%), Sugar: 3.69g (4.1%), Cholesterol: 97.75mg (32.58%), Sodium: 927.76mg (40.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.62g (53.25%), Selenium: 35.06µg

(50.09%), Phosphorus: 374.63mg (37.46%), Vitamin B3: 7.16mg (35.78%), Calcium: 298.65mg (29.87%), Vitamin B2: 0.43mg (25.23%), Vitamin B1: 0.36mg (23.73%), Iron: 3.33mg (18.52%), Folate: 69.01µg (17.25%), Manganese: 0.34mg (16.93%), Vitamin B6: 0.31mg (15.58%), Vitamin A: 763.37IU (15.27%), Zinc: 2.14mg (14.29%), Vitamin K: 13.07µg (12.45%), Magnesium: 36.74mg (9.19%), Vitamin B5: 0.92mg (9.17%), Fiber: 2.28g (9.14%), Potassium: 289.57mg (8.27%), Vitamin B12: 0.45µg (7.51%), Copper: 0.12mg (5.9%), Vitamin E: 0.46mg (3.04%)