



Quesadillas II

READY IN



27 min.

SERVINGS



10

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 10-inch flour tortilla ()
- 2 cups monterrey jack cheese shredded
- 1 onion sliced into strips
- 2 tablespoons salsa
- 1 pound chicken breast halves boneless skinless cut into strips
- 1 tablespoon vegetable oil

Equipment

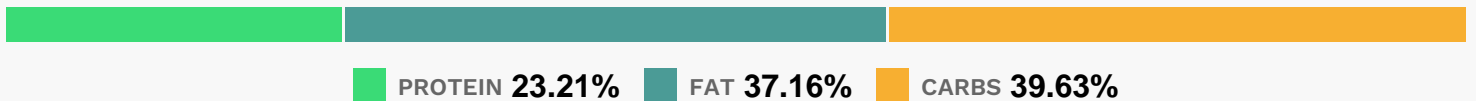
- frying pan

- baking sheet
- paper towels
- oven
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a cookie sheet with non-stick cooking spray.
- In a large skillet, fry the chicken strips in vegetable oil until they are no longer pink.
- Add the onions and fry (stirring constantly) until they are translucent.
- Mix in the salsa (you may want to add more to taste).
- Place the tortillas between two damp paper towels and microwave on high for 1 minute.
- Fill half of 1 tortilla with the chicken mixture and cheese, then fold the tortilla over the full half. Repeat with remaining tortillas and filling. Arrange the quesadillas on a cookie sheet.
- Bake the quesadillas in the preheated 350 degrees F (175 degrees C) oven until the cheese has melted.
- Cut the quesadillas into fours.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:11.19, Inflammation Score:-5, Nutrition Score:14.826521759448%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 367.56kcal (18.38%), Fat: 14.99g (23.07%), Saturated Fat: 6.83g (42.69%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 33.28g (12.1%), Sugar: 3.3g (3.66%), Cholesterol: 49.14mg (16.38%), Sodium: 724.85mg (31.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.15%), Selenium: 33.49µg (47.84%), Vitamin

B3: 7.89mg (39.47%), Phosphorus: 344.01mg (34.4%), Calcium: 276.49mg (27.65%), Vitamin B1: 0.39mg (26.05%), Vitamin B6: 0.42mg (20.89%), Vitamin B2: 0.33mg (19.7%), Manganese: 0.37mg (18.64%), Folate: 73.9µg (18.48%), Iron: 2.91mg (16.16%), Fiber: 2.69g (10.78%), Zinc: 1.34mg (8.91%), Magnesium: 34.88mg (8.72%), Potassium: 297.95mg (8.51%), Vitamin B5: 0.83mg (8.29%), Vitamin K: 8.38µg (7.98%), Copper: 0.1mg (4.93%), Vitamin B12: 0.28µg (4.64%), Vitamin A: 202.98IU (4.06%), Vitamin E: 0.3mg (1.98%), Vitamin C: 1.42mg (1.72%), Vitamin D: 0.18µg (1.21%)