



## Queso Blanco Quesadillas

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 8-inch flour tortillas ()
- 0.5 cup onions sliced
- 0.5 cup pepper strips green red
- 4 oz queso blanco velveeta thin sliced
- 1 lb chicken breasts boneless skinless cut into strips

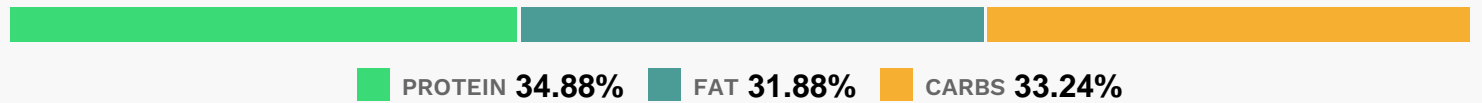
### Equipment

- frying pan
- paper towels

## Directions

- Cook chicken and vegetables in large nonstick skillet on medium heat 10 min. or until chicken is done and vegetables are crisp-tender, stirring occasionally.
- Remove from skillet. Carefully wipe skillet clean with paper towel.
- Spoon 1/4 of the chicken mixture onto half of each tortilla. Top with VELVEETA; fold in half.
- Cook, in batches, in skillet 2 min. on each side or until quesadillas are browned on both sides and VELVEETA is melted.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:8.43, Inflammation Score:-6, Nutrition Score:20.019130535748%

## Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

## Nutrients (% of daily need)

Calories: 375.3kcal (18.77%), Fat: 13.02g (20.03%), Saturated Fat: 5.87g (36.66%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 28.01g (10.18%), Sugar: 5.09g (5.65%), Cholesterol: 93.84mg (31.28%), Sodium: 972.63mg (42.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.08%), Vitamin B3: 14.19mg (70.97%), Selenium: 47.76µg (68.23%), Phosphorus: 581.22mg (58.12%), Vitamin B6: 0.95mg (47.26%), Vitamin B1: 0.35mg (23.26%), Vitamin C: 17.93mg (21.73%), Vitamin B2: 0.34mg (19.76%), Calcium: 188.37mg (18.84%), Potassium: 613.16mg (17.52%), Vitamin B5: 1.74mg (17.43%), Manganese: 0.32mg (15.87%), Folate: 58.14µg (14.53%), Iron: 2.43mg (13.5%), Magnesium: 44.57mg (11.14%), Fiber: 2.53g (10.11%), Zinc: 1.45mg (9.67%), Vitamin A: 287.32IU (5.75%), Copper: 0.1mg (5.19%), Vitamin K: 5.36µg (5.1%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.29mg (1.92%)