Quick Chicken Quesadillas

READY IN	SERVINGS	CALORIES
25 min.	4	549 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 6 oz chicken tenderloins refrigerated cooked (from 9–)
- [ ] 0.5 cup salsa thick
- [ ] 11 oz flour tortilla for burritos (8 count
- [ ] 1 serving pam original flavor shopping list
- [ ] 8 oz colby cheese shredded finely
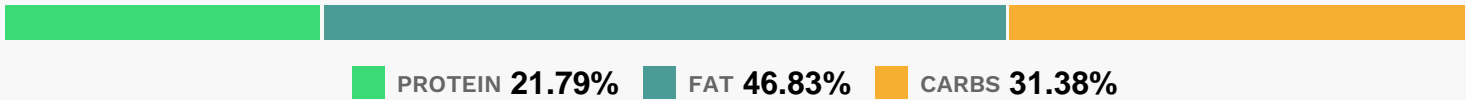- [ ] 0.3 cup cream sour

Equipment

- [ ] bowl

- [ ] frying pan

Directions

- [ ] Cut chicken into bite-size pieces. In small bowl, mix chicken and salsa.

- [ ] Spray 1 side of 1 tortilla with cooking spray; place sprayed side down on work surface.

- [ ] Layer with one-fourth of the chicken mixture and 1/2 cup of the cheese. Top with another tortilla; spray top of tortilla with cooking spray.

- [ ] Cook in 10-inch nonstick skillet over medium heat 4 to 6 minutes, carefully turning after 2 minutes, until golden brown. Repeat with remaining tortillas, chicken mixture and cheese. To serve, cut quesadillas into wedges.

- [ ] Serve with sour cream and, if desired, additional salsa.

Nutrition Facts

PROTEIN 21.79%   **FAT 46.83%**   **CARBS 31.38%**

Properties

Glycemic Index:8.5, Glycemic Load:12.17, Inflammation Score:-7, Nutrition Score:20.244347810745%

Nutrients (% of daily need)

Calories: 548.52kcal (27.43%), Fat: 28.4g (43.69%), Saturated Fat: 15.43g (96.45%), Carbohydrates: 42.83g (14.28%), Net Carbohydrates: 39.52g (14.37%), Sugar: 4.92g (5.46%), Cholesterol: 89.56mg (29.85%), Sodium: 1183.26mg (51.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.73g (59.47%), Selenium: 40.04µg (57.2%), Phosphorus: 530.34mg (53.03%), Calcium: 527.96mg (52.8%), Vitamin B3: 8.31mg (41.56%), Vitamin B2: 0.51mg (29.97%), Vitamin B1: 0.44mg (29.47%), Vitamin B6: 0.47mg (23.62%), Folate: 87.35µg (21.84%), Manganese: 0.44mg (21.83%), Iron: 3.56mg (19.8%), Zinc: 2.51mg (16.75%), Vitamin A: 821.9IU (16.44%), Fiber: 3.31g (13.25%), Magnesium: 49.26mg (12.32%), Potassium: 428.62mg (12.25%), Vitamin B12: 0.59µg (9.76%), Vitamin B5: 0.97mg (9.67%), Vitamin K: 8.81µg (8.39%), Copper: 0.14mg (7%), Vitamin E: 0.69mg (4.6%), Vitamin D: 0.38µg (2.55%), Vitamin C: 1.26mg (1.52%)