



Rio Grande Quesadillas

READY IN



30 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups chicken shredded cooked
- 0.8 cup water
- 1 envelope taco seasoning
- 1 cup refried beans
- 6 7-inch flour tortilla (es)
- 2 ounces pimientos diced drained
- 0.3 cup spring onion chopped
- 0.3 cup cilantro leaves fresh minced
- 1.5 cups monterrey jack cheese shredded

1 tablespoons vegetable oil

Equipment

frying pan

sauce pan

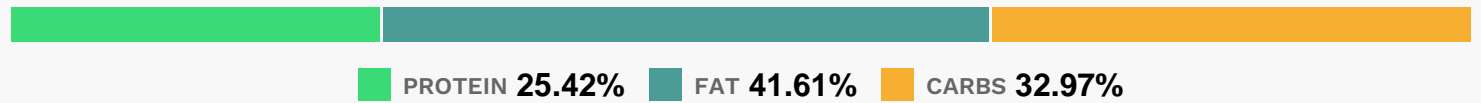
Directions

In a saucepan, bring the chicken, water and taco seasoning to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Stir in the beans.

Spoon about 1/2 cup chicken mixture over half of each tortilla; top with pimientos, onion, cilantro and cheese. Fold over. In a large skillet over medium heat, cook quesadilla in 1 tablespoon oil for 1-2 minutes on each side or until cheese is melted, using additional oil as needed.

Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:8.5, Inflammation Score:-7, Nutrition Score:15.104782638342%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 386kcal (19.3%), Fat: 17.64g (27.14%), Saturated Fat: 7.94g (49.6%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 26.72g (9.72%), Sugar: 4.36g (4.84%), Cholesterol: 60.14mg (20.05%), Sodium: 1247.75mg (54.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.5%), Selenium: 25.88µg (36.98%), Phosphorus: 313.64mg (31.36%), Calcium: 301.7mg (30.17%), Vitamin B3: 5.84mg (29.19%), Vitamin A: 1154.22IU (23.08%), Iron: 3.46mg (19.22%), Fiber: 4.73g (18.92%), Vitamin K: 19.84µg (18.9%), Vitamin B2: 0.32mg (18.81%), Vitamin B1: 0.27mg (17.95%), Vitamin C: 13.42mg (16.26%), Folate: 54.4µg (13.6%), Vitamin B6: 0.27mg (13.46%), Manganese: 0.26mg (12.82%), Zinc: 1.84mg (12.3%), Magnesium: 29.51mg (7.38%), Potassium: 220.46mg (6.3%), Vitamin B12: 0.37µg (6.16%), Vitamin B5: 0.6mg (5.96%), Copper: 0.1mg (4.94%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.17µg (1.13%)