



Roasted Corn and Chicken Quesadillas

 Gluten Free

READY IN



51 min.

SERVINGS



8

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup chicken breast shredded cooked
- ☐ 0.5 cup whole-kernel corn fresh frozen thawed
- ☐ 8 6-inch corn tortillas ()
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 3 ounces monterrey jack cheese shredded
- ☐ 2 teaspoons olive oil divided

- ☐ 1.5 tablespoons oregano fresh chopped
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.3 teaspoon salt

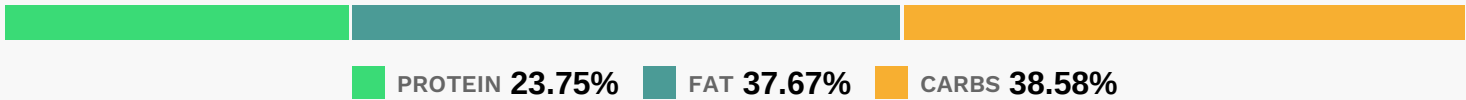
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Stir in corn and crushed red pepper. Saut 2 to 3 minutes or until corn is lightly browned.
- ☐ Add bell pepper; saut 2 minutes. Stir in chicken and green onions; saut 1 minute.
- ☐ Remove mixture from heat; stir in oregano, cilantro, and salt. Wipe pan dry with a paper towel.
- ☐ Sprinkle each of 4 tortillas with 1 1/2 tablespoons cheese, and top evenly with chicken mixture.
- ☐ Sprinkle remaining cheese evenly over chicken mixture, and top with remaining 4 tortillas.
- ☐ Place pan over medium heat and add 1/4 teaspoon oil. Carefully add 1 quesadilla, and cook 2 to 3 minutes on each side or until lightly browned. Repeat procedure with remaining oil and quesadillas.
- ☐ Cut each quesadilla into 4 wedges.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.31, Glycemic Load:5.17, Inflammation Score:-8, Nutrition Score:6.816086973833%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 147.08kcal (7.35%), Fat: 6.31g (9.71%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 12.13g (4.41%), Sugar: 1.16g (1.29%), Cholesterol: 22.59mg (7.53%), Sodium: 164.64mg (7.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.91%), Phosphorus: 174.49mg (17.45%), Vitamin K: 13.72µg (13.07%), Calcium: 120.51mg (12.05%), Selenium: 7.57µg (10.81%), Vitamin B3: 2.05mg (10.27%), Fiber: 2.42g (9.68%), Vitamin C: 7.21mg (8.73%), Vitamin B6: 0.17mg (8.61%), Manganese: 0.16mg (8.11%), Magnesium: 32.45mg (8.11%), Zinc: 1.02mg (6.8%), Vitamin A: 322.88IU (6.46%), Iron: 1.08mg (6.03%), Vitamin B2: 0.1mg (5.95%), Potassium: 153.41mg (4.38%), Vitamin B1: 0.06mg (3.8%), Vitamin E: 0.54mg (3.59%), Folate: 14.32µg (3.58%), Copper: 0.07mg (3.42%), Vitamin B5: 0.31mg (3.12%), Vitamin B12: 0.14µg (2.32%)