



Round 2 - Cajun Quesadillas

READY IN



15 min.

SERVINGS



2

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil
- 0.5 cup reserved remoulade from cajun catfish cakes with remoulade
- 1.5 cups reserved chicken jambalaya
- 4 large flour tortillas
- 2 servings cilantro leaves fresh chopped for garnish, optional
- 1 cup monterrey jack cheese shredded divided

Equipment

- frying pan

Directions

- Heat a large skillet over medium heat and drizzle with canola oil.
- Place 1 tortilla in the skillet to warm.
- Sprinkle over half the cheese.
- Spread half the chicken mixture over the cheese and top with a second tortilla. Cook 3 minutes. Flip it over and cook until the bottom is browned and the cheese is melted, another 2 to 3 minutes. Repeat for the second quesadilla. Slice and serve with the remoulade and top with cilantro, if desired.

Nutrition Facts

PROTEIN 21.91% **FAT 59.82%** **CARBS 18.27%**

Properties

Glycemic Index:46.5, Glycemic Load:9.47, Inflammation Score:-6, Nutrition Score:22.375217432561%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 661.78kcal (33.09%), Fat: 43.71g (67.24%), Saturated Fat: 15.75g (98.46%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 27.93g (10.15%), Sugar: 2.51g (2.79%), Cholesterol: 115.1mg (38.37%), Sodium: 834.56mg (36.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.02g (72.04%), Phosphorus: 557.92mg (55.79%), Calcium: 521.91mg (52.19%), Vitamin D: 7.81µg (52.09%), Selenium: 34.88µg (49.83%), Vitamin B3: 6.6mg (33%), Vitamin B12: 1.91µg (31.9%), Vitamin B1: 0.46mg (30.6%), Vitamin B2: 0.48mg (28.3%), Zinc: 2.85mg (18.99%), Folate: 74.99µg (18.75%), Vitamin E: 2.72mg (18.14%), Iron: 3.13mg (17.39%), Manganese: 0.33mg (16.28%), Vitamin K: 16.63µg (15.84%), Vitamin B6: 0.29mg (14.56%), Magnesium: 50.22mg (12.56%), Potassium: 409.92mg (11.71%), Vitamin A: 527.76IU (10.56%), Vitamin B5: 1.04mg (10.4%), Fiber: 2.1g (8.41%), Copper: 0.12mg (6.02%), Vitamin C: 1.09mg (1.32%)