



Santa Fe Chicken Quesadillas

READY IN



22 min.

SERVINGS



100

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounce chiles green drained chopped canned
- 1 cup chicken breast cooked chopped (skinned before cooking and without salt)
- 6 7-inch flour tortillas ()
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon ground cumin
- 1.3 cups no-salt-added salsa divided
- 4 ounces sharp cheddar cheese shredded reduced-fat

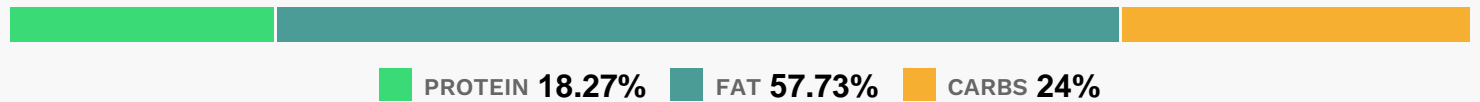
Equipment

frying pan

Directions

- Combine 1/2 cup salsa, chicken, and next 3 ingredients. Spoon mixture evenly onto one half of each tortilla.
- Sprinkle with cheese.
- Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add one tortilla; cook 1 minute. Fold in half; cook 30 seconds. Turn; cook other side 30 seconds. Repeat with remaining tortillas.
- Cut each into 4 wedges. Top with 3/4 cup salsa.

Nutrition Facts



Properties

Glycemic Index:0.98, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:1.2586956524655%

Nutrients (% of daily need)

Calories: 34.98kcal (1.75%), Fat: 2.32g (3.57%), Saturated Fat: 0.65g (4.03%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.45g (0.49%), Cholesterol: 2.32mg (0.77%), Sodium: 33.85mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.31%), Vitamin B3: 0.75mg (3.73%), Manganese: 0.06mg (3.1%), Phosphorus: 25.1mg (2.51%), Selenium: 1.46µg (2.09%), Vitamin E: 0.31mg (2.04%), Magnesium: 6.86mg (1.71%), Folate: 6.31µg (1.58%), Calcium: 14.44mg (1.44%), Vitamin B1: 0.02mg (1.35%), Vitamin B6: 0.03mg (1.32%), Vitamin B2: 0.02mg (1.23%), Iron: 0.2mg (1.12%), Fiber: 0.28g (1.12%), Zinc: 0.15mg (1.02%)