



## Smoky Grilled Quesadilla with Anaheim Chilis and Chicken



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoon canola oil
- ☐ 8 6-inch corn tortilla ()
- ☐ 2 tablespoon cilantro leaves fresh minced
- ☐ 2 tablespoon juice of lime
- ☐ 2 cup monterey jack and cheddar cheese mixed grated
- ☐ 4 servings home-made pico de gallo (see recipe)
- ☐ 4 servings salt and pepper

☐ 0.3 cup cup heavy whipping cream sour

## Equipment

☐ bowl

☐ oven

☐ grill

## Directions

☐ Pre-heat the grill to medium high heat. 4 or 5 seconds of hand holding above the grate before pain ensues is perfect.

☐ Brush chicken breasts with about ½ of the canola oil, then sprinkle with salt and pepper. Cook the chicken 4 to 5 minutes per side. It should be cooked through, but barely.

☐ Remove them from heat and let rest 3 or 4 minutes. Slice the cooked chicken on the diagonal into about ¼-inch thick slices. Keep the grill hot.

☐ Brush the Anaheim chilis with the remaining oil and place them on the grill, covered. Cook for 3 or 4 minutes per side. Once you quesadilla making 4 remove them from the grill, they should be quite charred.

☐ Put them in a paper bag and allow them to steam for 10 or 12 minutes. Then remove them from the bag, and slice them in half, lengthwise. Peel off all the skin, and slice them into 1-inch slices. Set aside. In a small bowl, stir together the minced chipotle, sour cream, mayonaisse, lime juice, and cilantro.

☐ Spread 1 scant tablespoon of the chipotle sauce onto each of the 8 tortillas. Working one at a time, top 4 of the tortillas with about ½ cup of the cheese mixture. Then about ¼ of the chicken slices. Top this with about ¼ of the Anaheim chili slices and then cover with the remaining chipotle sauced tortillas, sauced side facing inwards. Again, working 1 at a time, slide each quesadilla onto a rimless plate. Then slide each quesadilla onto the grates. You may need to work in quesadilla making 5 batches. These need your attention. Grill them, turning once, until the cheese has melted and the grill marks are gorgeous! About 2 minutes per side. If you are working in batches, and you probably are, you may keep the finished quesadillas in a 200 degree F oven until ready to serve. Slice each quesadilla into 4 wedges and serve them while still warm, with the home-made pico de gallo on the side.

## Nutrition Facts



 PROTEIN **15.81%**  FAT **58.74%**  CARBS **25.45%**

Properties

Glycemic Index:27.38, Glycemic Load:10.16, Inflammation Score:-5, Nutrition Score:11.310869382775%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 425.67kcal (21.28%), Fat: 28.4g (43.69%), Saturated Fat: 12.99g (81.22%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 24.38g (8.87%), Sugar: 3.23g (3.59%), Cholesterol: 58.77mg (19.59%), Sodium: 701.59mg (30.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.39%), Calcium: 479.43mg (47.94%), Phosphorus: 426.21mg (42.62%), Selenium: 11.91µg (17.01%), Vitamin B2: 0.28mg (16.46%), Zinc: 2.43mg (16.21%), Magnesium: 54.79mg (13.7%), Fiber: 3.31g (13.25%), Vitamin A: 636.23IU (12.72%), Vitamin E: 1.59mg (10.62%), Manganese: 0.18mg (9%), Vitamin B6: 0.17mg (8.38%), Vitamin B12: 0.5µg (8.32%), Vitamin K: 7.28µg (6.94%), Iron: 1.07mg (5.94%), Copper: 0.1mg (5.17%), Potassium: 170.31mg (4.87%), Vitamin C: 3.57mg (4.33%), Vitamin B3: 0.86mg (4.29%), Vitamin B1: 0.06mg (4.15%), Folate: 14.51µg (3.63%), Vitamin B5: 0.23mg (2.34%), Vitamin D: 0.34µg (2.26%)