



Spicy Chicken Quesadillas

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 8 ounces roasted chicken divided cooked chopped
- ☐ 4 8-inch flour tortilla ()
- ☐ 0.3 cup spring onion thinly sliced (2)
- ☐ 1 tablespoon jalapeno chopped
- ☐ 3 ounces cheddar cheese shredded divided reduced-fat
- ☐ 0.8 cup salsa

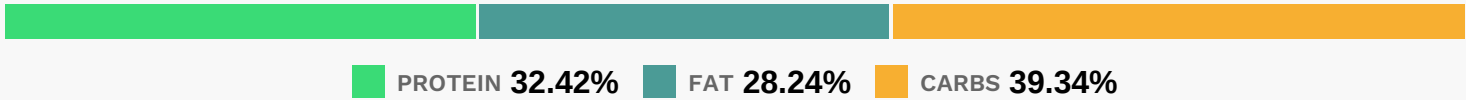
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a small bowl; stir until blended.
- ☐ Place 1/4 cup chopped chicken over half of 1 tortilla.
- ☐ Sprinkle with 3 tablespoons cheese and 1 tablespoon onion mixture; fold in half. Repeat procedure with the remaining tortillas, chicken, cheese, and onion mixture.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Place 2 quesadillas in pan. Cook 2 minutes on each side or until lightly browned. Repeat procedure with remaining quesadillas.
- ☐ Cut each quesadilla in half.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:8.1, Inflammation Score:-5, Nutrition Score:14.67782618235%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 304.8kcal (15.24%), Fat: 9.44g (14.53%), Saturated Fat: 3.45g (21.59%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 26.66g (9.69%), Sugar: 4.16g (4.62%), Cholesterol: 46.99mg (15.66%), Sodium: 869.01mg (37.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.39g (48.79%), Selenium: 28.9µg (41.28%), Vitamin B3: 7.36mg (36.81%), Phosphorus: 335.81mg (33.58%), Vitamin B1: 0.32mg (21.09%), Vitamin K: 20.1µg (19.14%), Vitamin B6: 0.38mg (18.89%), Calcium: 188.24mg (18.82%), Vitamin B2: 0.3mg (17.51%), Manganese: 0.33mg (16.62%), Iron: 2.94mg (16.32%), Folate: 60.2µg (15.05%), Fiber: 2.94g (11.74%), Zinc: 1.65mg (10.98%), Potassium: 360.99mg (10.31%), Magnesium: 35.71mg (8.93%), Vitamin A: 417.49IU (8.35%), Vitamin C: 6.6mg (8%), Vitamin B5: 0.79mg (7.9%), Copper: 0.13mg (6.44%), Vitamin E: 0.78mg (5.21%), Vitamin B12: 0.27µg (4.48%)