



## Spicy Peanut Chicken Quesadillas

 Popular

READY IN



15 min.

SERVINGS



1

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon cilantro leaves
- 0.3 cup jack shredded
- 1 green onion sliced
- 2 tablespoons spicy peanut sauce
- 0.3 cup cheddar shredded
- 110-inch tortillas ()
- 0.3 cup warm shredded cooked

### Equipment

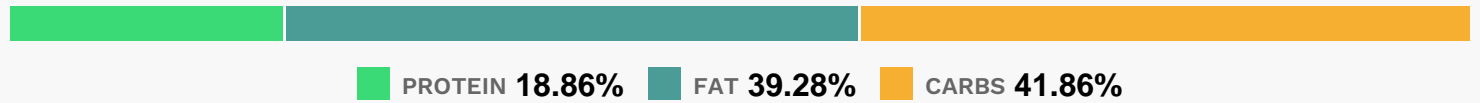
frying pan

## Directions

Place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, then top with the chicken, peanut sauce, green onion and cilantro and finally the remaining cheese. Fold the tortilla in half covering the filling and cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2–4 minutes per side.

Serve garnished with more peanut sauce, chopped peanuts, green onions and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:200, Glycemic Load:18.02, Inflammation Score:-6, Nutrition Score:17.435652230097%

## Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 509.31kcal (25.47%), Fat: 21.98g (33.82%), Saturated Fat: 8.19g (51.16%), Carbohydrates: 52.71g (17.57%), Net Carbohydrates: 49.32g (17.93%), Sugar: 16.06g (17.85%), Cholesterol: 54.5mg (18.17%), Sodium: 1146.64mg (49.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.75g (47.5%), Selenium: 32.29µg (46.13%), Phosphorus: 354.08mg (35.41%), Calcium: 324.94mg (32.49%), Vitamin B3: 6.31mg (31.57%), Vitamin K: 31.8µg (30.28%), Vitamin B1: 0.43mg (28.81%), Vitamin B2: 0.41mg (23.9%), Folate: 91.31µg (22.83%), Manganese: 0.39mg (19.66%), Iron: 3.29mg (18.27%), Vitamin B6: 0.35mg (17.4%), Zinc: 2.04mg (13.61%), Fiber: 3.39g (13.57%), Potassium: 409.41mg (11.7%), Magnesium: 44.84mg (11.21%), Vitamin A: 489.42IU (9.79%), Vitamin C: 8.02mg (9.72%), Copper: 0.14mg (7.21%), Vitamin B5: 0.68mg (6.8%), Vitamin B12: 0.4µg (6.68%), Vitamin E: 0.43mg (2.85%), Vitamin D: 0.17µg (1.13%)