



WHATSheATE



Strawberry Balsamic Grilled Chicken and Bacon Quesadillas



Gluten Free



Popular

READY IN



20 min.

SERVINGS



1

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic reduction
- ☐ 0.3 cup meat from a rotisserie chicken cut into small pieces
- ☐ 1 serving cilantro leaves to taste
- ☐ 2 slices bacon crumbled cooked
- ☐ 0.5 cup jack cheese shredded
- ☐ 1 serving sriracha to taste
- ☐ 0.5 cup strawberries hulled sliced

- ☐ 2 tablespoons onion sweet sliced
- ☐ 1 10-inch tortillas ()

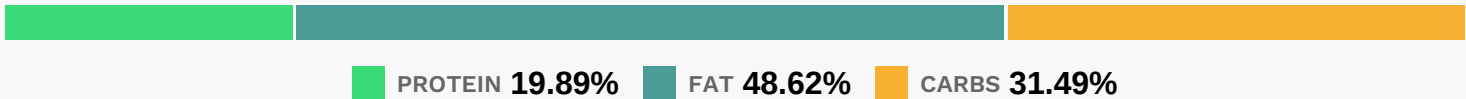
Equipment

- ☐ frying pan

Directions

- ☐ Heat a pan over medium heat, place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, followed by the strawberries, chicken, bacon, onions, balsamic reduction, sriracha, cilantro and the remaining cheese.Fold the tortilla in half coving the filling and cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:133, Glycemic Load:12.66, Inflammation Score:-7, Nutrition Score:21.588695526123%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 566.68kcal (28.33%), Fat: 30.6g (47.08%), Saturated Fat: 15.35g (95.94%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 40.52g (14.74%), Sugar: 8.39g (9.32%), Cholesterol: 76.29mg (25.43%), Sodium: 1137.5mg (49.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.17g (56.35%), Calcium: 542.54mg (54.25%), Vitamin C: 43.61mg (52.87%), Phosphorus: 499.81mg (49.98%), Selenium: 34.26µg (48.94%), Manganese: 0.65mg (32.59%), Vitamin B1: 0.48mg (32.26%), Vitamin B3: 6.05mg (30.27%), Vitamin B2: 0.49mg (28.9%), Folate: 98.73µg (24.68%), Iron: 3.57mg (19.84%), Zinc: 2.86mg (19.07%), Fiber: 4.07g (16.29%), Vitamin B6: 0.28mg (13.96%), Magnesium: 49.52mg (12.38%), Vitamin B12: 0.69µg (11.42%), Potassium: 373.36mg (10.67%), Vitamin A: 475.14IU (9.5%), Vitamin K: 8.61µg (8.2%), Copper: 0.16mg (8.01%), Vitamin B5: 0.65mg (6.46%), Vitamin E: 0.47mg (3.13%), Vitamin D: 0.43µg (2.87%)