



WHATSheATE



Sweet Chili Chicken Quesadilla



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



1

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon basil



1 tablespoon cilantro leaves



0.3 cup jack shredded



1 tablespoon oil



1 small onion sliced



0.3 cup orange chicken bulgogi shredded cooked



2 teaspoons sesame seed toasted



0.3 cup cheddar shredded

- ☐ 2 tablespoons chili sauce sweet
- ☐ 1 10-inch tortillas ()

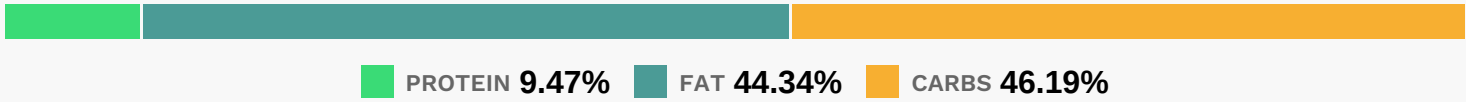
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium-high heat.
- ☐ Add the onions and saute until they start to caramelize, about 7-10 minutes, set aside and reduce the heat to medium
- ☐ Place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, then top with the onions, the chicken, salsa, sesame seeds, basil and cilantro and 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 salsa, sesame seeds and herbs.

Nutrition Facts



Properties

Glycemic Index:342.5, Glycemic Load:21.26, Inflammation Score:-8, Nutrition Score:20.573043133902%

Flavonoids

Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 14.62mg, Quercetin: 14.62mg, Quercetin: 14.62mg, Quercetin: 14.62mg

Nutrients (% of daily need)

Calories: 635.07kcal (31.75%), Fat: 31.79g (48.91%), Saturated Fat: 8.89g (55.59%), Carbohydrates: 74.51g (24.84%), Net Carbohydrates: 68.45g (24.89%), Sugar: 34.01g (37.79%), Cholesterol: 28.25mg (9.42%), Sodium: 1044.28mg (45.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.55%), Vitamin C: 35.24mg (42.71%), Calcium: 388.74mg (38.87%), Selenium: 25.57µg (36.52%), Vitamin B1: 0.51mg (33.84%), Phosphorus: 335.32mg

(33.53%), Manganese: 0.59mg (29.55%), Folate: 113.92µg (28.48%), Vitamin K: 25.52µg (24.3%), Fiber: 6.06g (24.23%), Vitamin B2: 0.39mg (23.15%), Iron: 3.53mg (19.59%), Vitamin E: 2.93mg (19.55%), Vitamin B3: 3.9mg (19.5%), Vitamin B6: 0.34mg (17.14%), Copper: 0.33mg (16.65%), Magnesium: 61.91mg (15.48%), Potassium: 504.41mg (14.41%), Zinc: 1.94mg (12.93%), Vitamin A: 563.94IU (11.28%), Vitamin B5: 0.54mg (5.35%), Vitamin B12: 0.3µg (4.99%), Vitamin D: 0.17µg (1.13%)