



WHATSheATE



Tandoori Chicken Quesadillas



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bell peppers sliced (thinly)
- ☐ 2 handfuls cheese grated ()
- ☐ 0.3 cup tandoori chicken shredded ()
- ☐ 1 tablespoon oil
- ☐ 0.3 cup onion sliced (thinly)

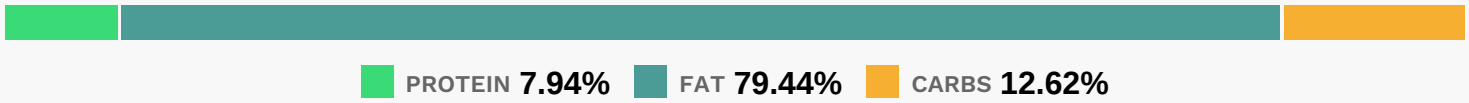
Equipment

- ☐ frying pan

Directions

- ☐
- Heat the oil in a pan.
- ☐
- Add the peppers and onions and saute until tender, about 5–7 minutes.
- ☐
- Sprinkle on half of the cheese onto the tortilla followed by peppers, onions and chicken followed by the remaining cheese and top it all off with the second tortilla.
- ☐
- Cook until the quesadilla is golden brown on both sides and the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:1.31, Inflammation Score:-8, Nutrition Score:8.2247826638429%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 186.76kcal (9.34%), Fat: 16.87g (25.96%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 4.57g (1.66%), Sugar: 3.27g (3.63%), Cholesterol: 12.17mg (4.06%), Sodium: 25.66mg (1.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Vitamin C: 50.86mg (61.64%), Vitamin A: 1206.12IU (24.12%), Vitamin E: 3.1mg (20.68%), Vitamin K: 12.22µg (11.64%), Vitamin B6: 0.21mg (10.26%), Vitamin B3: 1.33mg (6.67%), Folate: 25.97µg (6.49%), Fiber: 1.46g (5.85%), Phosphorus: 50.38mg (5.04%), Manganese: 0.1mg (4.8%), Potassium: 164.17mg (4.69%), Vitamin B2: 0.07mg (3.97%), Selenium: 2.76µg (3.94%), Vitamin B1: 0.05mg (3.15%), Vitamin B5: 0.3mg (2.99%), Magnesium: 11.72mg (2.93%), Zinc: 0.41mg (2.75%), Calcium: 27.44mg (2.74%), Iron: 0.37mg (2.05%), Copper: 0.03mg (1.46%), Vitamin B12: 0.06µg (1.05%)