

## Texas Chicken Quesadillas

READY IN



35 min.

SERVINGS



4

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup barbecue sauce
- 8 10-inch flour tortilla ()
- 1 tablespoon honey
- 0.5 cup monterrey jack cheese shredded
- 1 onion sliced into rings
- 0.5 cup sharp cheddar cheese shredded
- 2 chicken breast halves boneless skinless cut into strips
- 2 tablespoons vegetable oil divided

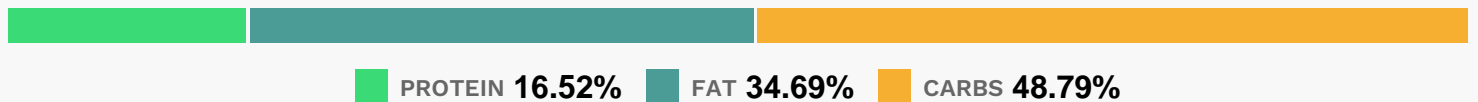
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large, deep skillet, heat 1 tablespoon oil over medium high heat. Slowly cook and stir onion until translucent.
- Mix in honey. Stir until onion is golden brown, about 5 minutes.
- Remove from skillet and set aside.
- Place remaining oil and chicken in the skillet over medium high heat. Cook until chicken is no longer pink. Stir in barbeque sauce and evenly coat chicken.
- Layer 4 tortillas individually with chicken, onions, Cheddar cheese and Monterey Jack cheese. Top with remaining tortillas.
- One or two at a time, place layered tortillas on a large baking sheet.
- Bake uncovered in the preheated oven 20 minutes, or until cheese is melted. Do not let tortillas become too crisp.
- Remove from heat.
- Cut into quarters to serve.

## Nutrition Facts



## Properties

Glycemic Index:41.82, Glycemic Load:24.79, Inflammation Score:-7, Nutrition Score:26.163912742034%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 751.69kcal (37.58%), Fat: 28.78g (44.28%), Saturated Fat: 10.88g (68.02%), Carbohydrates: 91.08g (30.36%), Net Carbohydrates: 85.38g (31.05%), Sugar: 22.66g (25.17%), Cholesterol: 62.86mg (20.95%), Sodium: 1642.6mg (71.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.84g (61.68%), Selenium: 55.99µg (79.99%), Vitamin B3: 12.35mg (61.77%), Phosphorus: 549.79mg (54.98%), Vitamin B1: 0.77mg (51.16%), Calcium: 430.9mg (43.09%), Manganese: 0.79mg (39.39%), Folate: 145.41µg (36.35%), Vitamin B2: 0.6mg (35.18%), Iron: 5.73mg (31.81%), Vitamin B6: 0.59mg (29.39%), Vitamin K: 24.14µg (22.99%), Fiber: 5.7g (22.8%), Potassium: 532.19mg (15.21%), Magnesium: 60.62mg (15.15%), Zinc: 2.13mg (14.21%), Vitamin B5: 1.22mg (12.19%), Copper: 0.21mg (10.42%), Vitamin E: 1.1mg (7.32%), Vitamin A: 347.73IU (6.95%), Vitamin B12: 0.38µg (6.33%), Vitamin C: 2.95mg (3.58%), Vitamin D: 0.23µg (1.51%)