

Chicken Quesadilla

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-restaurant-grilled-chicken-quesadilla-recipe>

Ingredients:

- 4 tortillas large
- 1/3 cup bell pepper diced
- 1/3 cup red onion diced
- 1/3 cup chicken cooked finely chopped
- 1 teaspoon chili powder
- 1 cup cheddar Pepper Jack or Monterey Cheese freshly shredded
- 2 tablespoons vegetable oil
- salsa Optional
- pickled jalapenos Optional
- sour cream Optional
- guacamole Optional
- crema mexicana

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 45 milligrams
4. Fat: 24 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 9 grams
8. Sodium: 760 milligrams
9. Sugar: 3 grams

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