

Authentic Mexican Chicken Quesadilla

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 1 package tortillas
- 18 centimeters white corn
- 3 tablespoons chiles El Cielo 3, Red Taco Salsa
- 3 chicken thigh fillets
- 1 tomato
- 1 red capsicum
- 1 eggplant
- 1 onion
- 1 bunch cilantro coriander
- 1 cup sweet corn
- garlic
- 2 tablespoons olive oil
- Gouda cheese
- ground cumin
- oregano
- paprika
- black pepper

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 145 milligrams
4. Fat: 34 grams
5. Fiber: 9 grams
6. Protein: 34 grams
7. SaturatedFat: 8 grams
8. Sodium: 170 milligrams

9. Sugar: 7 grams

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