

# Cheesey Chicken Quesadilla's

Yield: 2 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chicken-recipe-with-refried-beans>

## Ingredients:

- 4 whole wheat tortillas high fiber
- 10 ounces chicken shredded
- 1 teaspoon cumin
- 4 ounces jack cheese low-fat cheddar
- 1/4 red bell pepper chopped
- 1/4 sweet onion chopped
- 1/2 cup refried beans fat-free, or black beans
- 1/4 cup salsa

## Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 145 milligrams
4. Fat: 33 grams
5. Fiber: 9 grams
6. Protein: 58 grams
7. SaturatedFat: 15 grams
8. Sodium: 1770 milligrams
9. Sugar: 7 grams

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