

# BBQ Chicken and Pineapple Quesadillas

Yield: 1 min  
Total Time: 15 min

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

## Ingredients:

- 1 tortilla 10 inch
- 1/4 cup cheddar cheese shredded
- 1/4 cup Monterey Jack cheese shredded
- 1/4 cup chicken cooked, shredded or cut into small pieces and warm
- 2 tablespoons bbq sauce
- 1/4 cup pineapple sliced and optionally grilled
- 1 jalapeno sliced
- cilantro to taste

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 90 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 32 grams
7. SaturatedFat: 13 grams
8. Sodium: 1160 milligrams
9. Sugar: 15 grams

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