

BBQ Chicken Quesadillas

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/bbq-chicken-recipes>

Ingredients:

- 4 whole wheat tortillas
- 6 ounces chicken grilled
- 1 Vidalia onion small
- 1 tablespoon olive oil
- 2 ounces shredded low-fat monterey jack cheese
- 2 ounces shredded low-fat cheddar cheese
- 1/4 cup barbeque sauce

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 85 milligrams
4. Fat: 31 grams
5. Fiber: 6 grams
6. Protein: 42 grams
7. SaturatedFat: 11 grams
8. Sodium: 1620 milligrams
9. Sugar: 13 grams

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