

Chili Mango Chicken Quesadillas

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-mango-chicken-recipe>

Ingredients:

- 2 whole wheat tortillas
- 6 ounces chicken grilled
- 1/2 mango sliced and chopped
- 1/2 teaspoon chili powder
- 1/4 sweet onion chopped and caramelized
- 2 slices bacon fried and crumbled
- 1 ounce smoked cheddar cheese shredded
- 1 ounce pepper jack cheese

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 100 milligrams
4. Fat: 30 grams
5. Fiber: 4 grams
6. Protein: 34 grams
7. SaturatedFat: 12 grams
8. Sodium: 920 milligrams
9. Sugar: 12 grams

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