

Adobo Chicken Quesadilla



A classic cheese quesadilla kicked up a notch with pepper jack cheese, *Minor's®* Red Chile Adobo chicken and spicy sauces.

Yield	4-1/2 oz.
Serves	1
Preparation time	1 minute
Cooking time	4 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	oz	2 each		Tortilla, flour, 6" 98% fat free	
3/4	oz	1/4 cup		Pepper jack cheese	shredded
1	oz			Adobo Braised Chicken - prepared	(see recipe)
1/4	oz	1 tbsp		Jalapeno Pico De Gallo - prepared	(see recipe)
1	tsp			Green Chile Crema - prepared	

Preparation Steps

1. On one tortilla, evenly spread about half of the chosen shredded cheese.
2. Top with chosen protein and/or fillings.
3. Top with remaining cheese and remaining tortilla.
4. Place in sauté pan or on a grill or griddle over medium high heat, and toast one side of the quesadilla.
5. Once one side is golden and crispy, flip and repeat.
6. Top with chosen toppings, sauces, and/or salsas.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	245.3
Energy (KJ)	1066.5
Protein (g)	12.1
Carbohydrate, total (g)	34.2
Fats, total (g)	6.8
Sugars, total (g)	3.2
Fats, saturated (g)	2.9
Fiber, total dietary (g)	1.9
Sodium (mg)	762.6
Calcium (mg)	313.4
Cholesterol (mg)	23.6
Iron (mg)	1.6
Vitamin C (mg)	2.6

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.