

Taco Chicken Quesadillas

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 42 quesadillas

1 tablespoon oil
1 red onion, finely chopped
1 red pepper, finely diced
2 cloves garlic, crushed
1/4 teaspoon paprika
1 teaspoon ground cumin
1 teaspoon ground coriander
13 ounces chicken mince
1 can (13 ounce) chopped tomatoes
7 flour tortillas
7 ounces Cheddar cheese, grated
sliced spring onion (for garnish)

In a large frying pan, heat the oil. Add the red onion and red pepper. Cook until the onion has softened. Add the garlic, paprika, cumin and coriander. Cook for 2 minutes.

Add the chicken mince and cook for 5 to 8 minutes until brown, breaking up any lumps. Add the chopped tomatoes. Simmer for 20 minutes or until thick.

Cut the tortillas into rounds with a three-inch cutter. Place one teaspoon of the mixture on one-half of each round. Sprinkle with grated Cheddar.

Bake in a 350 degree oven for 1 minute or until the cheese has melted. Fold over and hold for a few seconds to stick.

Garnish with spring onion slices.

Per Serving (excluding unknown items): 2699 Calories; 117g Fat (38.9% calories from fat); 98g Protein; 314g Carbohydrate; 23g Dietary Fiber; 208mg Cholesterol; 3664mg Sodium. Exchanges: 19 Grain(Starch); 7 Lean Meat; 5 Vegetable; 18 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2699	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	38.9%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	46.5%	Thiamin B1 (mg):	2.9mg
% Calories from Protein:	14.5%	Riboflavin B2 (mg):	2.3mg

Total Fat (g): 117g
Saturated Fat (g): 52g
Monounsaturated Fat (g): 46g
Polyunsaturated Fat (g): 11g
Cholesterol (mg): 208mg
Carbohydrate (g): 314g
Dietary Fiber (g): 23g
Protein (g): 98g
Sodium (mg): 3664mg
Potassium (mg): 1685mg
Calcium (mg): 2153mg
Iron (mg): 21mg
Zinc (mg): 11mg
Vitamin C (mg): 262mg
Vitamin A (i.u.): 10025IU
Vitamin A (r.e.): 1423RE

Folacin (mcg): 732mcg
Niacin (mg): 20mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 19
Lean Meat: 7
Vegetable: 5
Fruit: 0
Non-Fat Milk: 0
Fat: 18 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2699 **Calories from Fat:** 1051

% Daily Values*

Total Fat	117g	180%
Saturated Fat	52g	262%
Cholesterol	208mg	69%
Sodium	3664mg	153%
Total Carbohydrates	314g	105%
Dietary Fiber	23g	91%
Protein	98g	
Vitamin A		200%
Vitamin C		437%
Calcium		215%
Iron		118%

* Percent Daily Values are based on a 2000 calorie diet.