



Quesadilla with Chicken and Vegetables - Ingredients

| | NAME | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|--|--------|------------|--------------|
| <input type="checkbox"/> | Chicken Breast Fillet 2 <i>(1 g)</i> | 300 | Gram | 1 g |
| <input type="checkbox"/> | Mozzarella Cheese <i>(1 g)</i> | 300 | Gram | 1 g |
| <input type="checkbox"/> | Whole Wheat Tortilla <i>(62 g)</i> | 4 | Piece | 62 g |
| <input type="checkbox"/> | Red Bell Pepper <i>(200 g)</i> | 1 | Piece | 200 g |
| <input type="checkbox"/> | Canned Corn <i>(1 g)</i> | 1 | Can | 1 g |
| <input type="checkbox"/> | Onion <i>(170 g)</i> | 1 | Piece | 170 g |
| <input type="checkbox"/> | Olive Oil <i>(10 g)</i> | 2 | Tablespoon | 10 g |
| <input type="checkbox"/> | Butter <i>(10 g)</i> | 2 | Teaspoon | 10 g |
| <input type="checkbox"/> | Garlic <i>(5 g)</i> | 2 | Tooth | 5 g |
| <input type="checkbox"/> | Cumin 2 <i>(0.08 g)</i> | 1 | Teaspoon | 0.08 g |
| <input type="checkbox"/> | Ground Sweet Paprika <i>(3 g)</i> | 1 | Teaspoon | 3 g |
| <input type="checkbox"/> | Dried Oregano <i>(2 g)</i> | 0.5 | Teaspoon | 2 g |
| <input type="checkbox"/> | Hot Paprika (Ground) <i>(5 g)</i> | 0.5 | Teaspoon | 5 g |
| <input type="checkbox"/> | Ground Chili Pepper <i>(4 g)</i> | 0.25 | Piece | 4 g |