



Arequipe and Guava Quesadillas (Quesadilla Gloria)

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons cream cheese
- ☐ 3 tablespoons dulce de leche
- ☐ 4 small flour tortillas soft
- ☐ 8 slices guava paste thin
- ☐ 8 slices mozzarella cheese thin

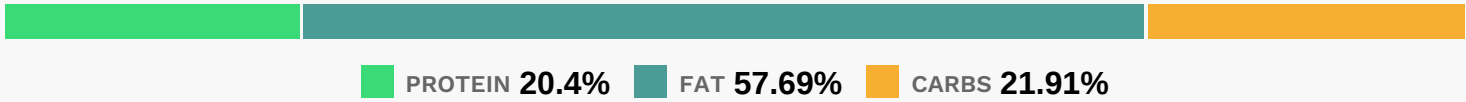
Equipment

- ☐ grill pan

Directions

- ☐ Preheat a grill pan over medium-high heat. Arrange 2 tortillas on a flat surface.
- ☐ Spread each tortilla with 2 tablespoons of cream cheese, 1 ½ tablespoon arequipe, top with 4 slices of guava paste and 4 slices of mozzarella cheese. Top with the remaining to 2 tortillas. Cook until the bottom is lightly toasted, about 2 minutes. Turn over and cook until the cheese is melted and the second side is lightly toasted.
- ☐ Transfer to a plate and keep warm. Repeat with the remaining tortillas and the remaining ingredients to make 2 quesadillas.
- ☐ Cut each into quarters.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:5.35, Inflammation Score:-5, Nutrition Score:9.8026087128598%

Nutrients (% of daily need)

Calories: 313.91kcal (15.7%), Fat: 20.07g (30.88%), Saturated Fat: 11.26g (70.4%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 15.99g (5.81%), Sugar: 2.42g (2.69%), Cholesterol: 59.41mg (19.8%), Sodium: 621.67mg (27.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.97g (31.93%), Calcium: 344.39mg (34.44%), Phosphorus: 278.71mg (27.87%), Selenium: 17.58µg (25.12%), Vitamin B12: 1.32µg (22.07%), Vitamin B2: 0.28mg (16.42%), Zinc: 1.89mg (12.61%), Vitamin A: 590.28IU (11.81%), Vitamin B1: 0.17mg (11.51%), Folate: 34.45µg (8.61%), Manganese: 0.17mg (8.49%), Iron: 1.36mg (7.55%), Vitamin B3: 1.42mg (7.1%), Vitamin C: 4.56mg (5.53%), Magnesium: 19.68mg (4.92%), Fiber: 1.16g (4.63%), Vitamin K: 3.82µg (3.64%), Potassium: 108.05mg (3.09%), Vitamin B6: 0.05mg (2.45%), Copper: 0.04mg (2.23%), Vitamin B5: 0.22mg (2.21%), Vitamin E: 0.25mg (1.65%), Vitamin D: 0.23µg (1.51%)