



Asparagus and Goat Cheese Quesadillas

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound asparagus fresh cut into 1 1/2 inch pieces
- 4 servings cilantro leaves fresh for garnish
- 2 tablespoons olive oil extra virgin divided
- 2 10-inch flour tortilla ()
- 0.3 cup cilantro leaves fresh chopped
- 4 ounces goat cheese
- 4 servings salt and pepper to taste

Equipment

frying pan

Directions

- Heat 1 tablespoon olive oil in a skillet over medium–low heat, and cook the asparagus, stirring occasionally, until tender and lightly browned. Season with salt and pepper, and remove from heat.
- Spread one side of each tortilla with 1/2 the goat cheese.
- Place 1/2 the asparagus and 1/2 the cilantro on each tortilla, and fold tortillas in half over contents to form quesadillas.
- Brush the outsides of the quesadillas with remaining oil.
- Place the quesadillas in a skillet over medium–low heat, and cook 3 minutes on each side, or until lightly browned.
- Cut in half and garnish with cilantro to serve.

Nutrition Facts

 PROTEIN **14.54%**  FAT **55.21%**  CARBS **30.25%**

Properties

Glycemic Index:32.5, Glycemic Load:5.79, Inflammation Score:-6, Nutrition Score:11.18130439779%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 255.42kcal (12.77%), Fat: 15.85g (24.38%), Saturated Fat: 6.14g (38.39%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 17.08g (6.21%), Sugar: 2.63g (2.92%), Cholesterol: 13.04mg (4.35%), Sodium: 557.5mg (24.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.78%), Vitamin K: 34.24µg (32.61%), Vitamin B1: 0.28mg (18.51%), Copper: 0.35mg (17.69%), Phosphorus: 174.69mg (17.47%), Iron: 3.08mg (17.13%), Vitamin B2: 0.29mg (16.95%), Folate: 66.47µg (16.62%), Vitamin A: 795.72IU (15.91%), Manganese: 0.3mg (14.8%), Selenium: 9.91µg (14.16%), Vitamin E: 1.73mg (11.51%), Vitamin B3: 2.24mg (11.18%), Calcium: 105.32mg (10.53%), Fiber: 2.45g (9.79%), Vitamin B6: 0.14mg (7.24%), Magnesium: 20.46mg (5.12%), Zinc: 0.76mg (5.06%), Potassium: 171.49mg (4.9%), Vitamin C: 3.47mg (4.21%), Vitamin B5: 0.41mg (4.12%)