



Bacon, Date and Manchego Quesadillas

READY IN



40 min.

SERVINGS



4

CALORIES



1137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices bacon
- 5 dates pitted julienned
- 4 10-inch flour tortillas
- 1 clove garlic roughly chopped
- 0.5 juice of lemon
- 4 servings kosher salt and pepper freshly ground
- 8 ounces manchego cheese shredded
- 1 cup crema mexicana sour
- 0.3 cup olive oil extra-virgin

- 2 tablespoons olive oil extra-virgin
- 0.5 cup pistachios salted
- 1 teaspoon pepper flakes red
- 2 cups pkt spinach

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk

Directions

- Preheat the oven to 400 degrees F. Arrange the bacon slices side by side on a parchment-lined baking sheet and bake until browned and crisp, 15 to 18 minutes.
- Drain on paper towels.
- Combine the pistachios, red pepper flakes, garlic, lemon juice and spinach in a food processor and pulse until chopped; with the motor running, slowly stream in the olive oil until incorporated. Season with salt and pepper and process 5 more seconds.
- Pour the mixture into a bowl and whisk in the crema; set aside.
- Assemble the quesadillas: On 1 half of each tortilla, layer 1/2 cup cheese, 3 slices bacon and a few date slices. Fold the tortillas in half to cover the filling.
- Heat 1 tablespoon olive oil in a nonstick skillet over medium heat.
- Add 2 quesadillas and cook until golden on both sides and gooey in the middle, 4 to 5 minutes per side. Repeat with the remaining 2 quesadillas, adding the remaining 1 tablespoon oil to the pan.
- Cut each quesadilla into 4 triangles; serve with the pistachio cream.
- Photography by Johnny Miller

Nutrition Facts

PROTEIN 11.91% FAT 70.14% CARBS 17.95%

Properties

Glycemic Index:41.5, Glycemic Load:14.59, Inflammation Score:-9, Nutrition Score:27.306521509005%

Flavonoids

Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 1136.78kcal (56.84%), Fat: 88.91g (136.79%), Saturated Fat: 28.7g (179.4%), Carbohydrates: 51.2g (17.07%), Net Carbohydrates: 45.94g (16.71%), Sugar: 11.37g (12.63%), Cholesterol: 135.5mg (45.17%), Sodium: 1754.7mg (76.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.98g (67.96%), Vitamin K: 90.61µg (86.29%), Calcium: 844.54mg (84.45%), Vitamin B1: 0.69mg (45.86%), Vitamin A: 2221.54IU (44.43%), Selenium: 30.58µg (43.68%), Manganese: 0.72mg (35.85%), Phosphorus: 330.3mg (33.03%), Vitamin B3: 6.23mg (31.17%), Vitamin E: 4.1mg (27.3%), Vitamin B6: 0.54mg (27.17%), Folate: 105.32µg (26.33%), Iron: 4.13mg (22.94%), Fiber: 5.26g (21.06%), Vitamin B2: 0.32mg (18.57%), Copper: 0.35mg (17.3%), Potassium: 533.74mg (15.25%), Magnesium: 58.7mg (14.67%), Zinc: 1.63mg (10.84%), Vitamin C: 6.8mg (8.24%), Vitamin B5: 0.64mg (6.36%), Vitamin B12: 0.33µg (5.5%), Vitamin D: 0.26µg (1.76%)