



WHATSheATE



## Bacon-Guacamole Quesadillas

READY IN



30 min.

SERVINGS



4

CALORIES



844 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 medium avocado pitted cubed peeled
- ☐ 1 juice of lime
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 0.5 cup onion finely chopped (1 medium)
- ☐ 1 plum tomatoes diced (Roma)
- ☐ 0.1 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic finely chopped

- ☐ 0.5 lb bacon   diced
- ☐ 11 oz flour tortilla   for burritos (8 count
- ☐ 6 oz cheddar cheese   shredded
- ☐ 2 teaspoons vegetable oil

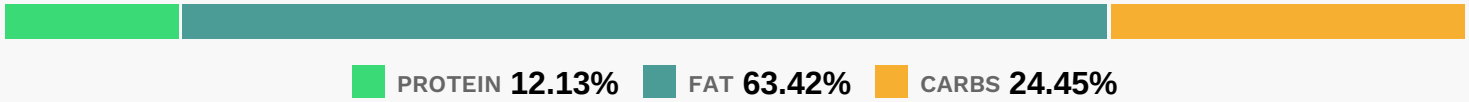
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ In medium bowl, roughly mash avocado with fork.
- ☐ Add remaining guacamole ingredients and mix together; set aside.
- ☐ In 8-inch skillet, cook bacon over medium heat until crisp; drain on paper towels.
- ☐ Place 4 tortillas on work surface. Divide guacamole evenly among the 4 tortillas, spreading to within 1/2 inch of edges. Divide bacon evenly among the 4 tortillas. Divide cheese among the 4 tortillas. Top each with another tortilla.
- ☐ In 10-inch skillet, heat 1 teaspoon of the oil over medium heat. Carefully transfer 1 of the quesadillas to skillet. Cook until browned, then turn over to brown second side.
- ☐ Repeat with remaining quesadillas, adding more oil to skillet as needed.
- ☐ Cut each quesadilla into wedges before serving.

## Nutrition Facts



## Properties

Glycemic Index:66.25, Glycemic Load:13.83, Inflammation Score:-8, Nutrition Score:27.681304807248%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate:

0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 844.1kcal (42.2%), Fat: 60.34g (92.83%), Saturated Fat: 20.48g (128.01%), Carbohydrates: 52.34g (17.45%), Net Carbohydrates: 42.26g (15.37%), Sugar: 5.1g (5.66%), Cholesterol: 79.95mg (26.65%), Sodium: 1527.48mg (66.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.96g (51.92%), Selenium: 41.45µg (59.22%), Phosphorus: 502.55mg (50.25%), Calcium: 440.8mg (44.08%), Vitamin B1: 0.65mg (43.24%), Folate: 170.88µg (42.72%), Fiber: 10.08g (40.32%), Vitamin B3: 7.65mg (38.24%), Vitamin B2: 0.6mg (35.07%), Vitamin K: 34.82µg (33.16%), Manganese: 0.61mg (30.37%), Vitamin B6: 0.54mg (26.77%), Potassium: 815.24mg (23.29%), Zinc: 3.38mg (22.51%), Iron: 3.97mg (22.03%), Vitamin B5: 2.07mg (20.69%), Vitamin C: 16.31mg (19.77%), Vitamin E: 2.96mg (19.73%), Magnesium: 70.16mg (17.54%), Copper: 0.33mg (16.73%), Vitamin A: 774.45IU (15.49%), Vitamin B12: 0.73µg (12.24%), Vitamin D: 0.48µg (3.21%)