



Bacon Jam and Guacamole Quesadilla with Fried Egg with Bacon Jam Vinaigrette Drizzle

 Gluten Free  Popular

READY IN



20 min.

SERVINGS



1

CALORIES



981 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cider vinegar
- ☐ 1 eggs
- ☐ 2 tablespoons guacamole
- ☐ 0.5 cup cheese such and cheddar and/or jack shredded
- ☐ 1 teaspoon bacon jam vinaigrette (see below)
- ☐ 3 tablespoons bacon jam
- ☐ 1 teaspoon mustard

- ☐ 2 tablespoons oil
- ☐ 1 serving salt and pepper to taste
- ☐ 1 10-inch tortillas ()

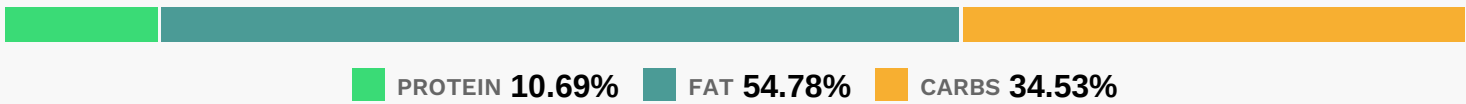
Equipment

- ☐ frying pan

Directions

- ☐ Place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, top with the bacon jam and guacamole and the remaining cheese.Fold the tortilla in half covering the filling and cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2-4 minutes per side.Fry the egg and serve on top of the quesadilla with a drizzle of bacon jam vinaigrette.

Nutrition Facts



Properties

Glycemic Index:283, Glycemic Load:36.37, Inflammation Score:-7, Nutrition Score:24.583478305651%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 980.59kcal (49.03%), Fat: 59.67g (91.8%), Saturated Fat: 16.95g (105.96%), Carbohydrates: 84.63g (28.21%), Net Carbohydrates: 79.15g (28.78%), Sugar: 35.93g (39.93%), Cholesterol: 213.96mg (71.32%), Sodium: 1190.58mg (51.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.21g (52.41%), Selenium: 40.51µg (57.86%), Calcium: 570.82mg (57.08%), Phosphorus: 518.83mg (51.88%), Vitamin B2: 0.71mg (41.96%), Vitamin E: 6.25mg (41.66%), Folate: 129.48µg (32.37%), Vitamin K: 33.13µg (31.56%), Vitamin B1: 0.42mg (27.94%), Manganese: 0.53mg (26.56%), Iron: 4.36mg (24.21%), Fiber: 5.48g (21.92%), Zinc: 2.92mg (19.44%), Vitamin B3: 3.77mg (18.86%), Vitamin A: 720.9IU (14.42%), Vitamin B12: 0.86µg (14.34%), Vitamin B5: 1.37mg (13.67%), Magnesium: 51.51mg (12.88%), Vitamin B6: 0.26mg (12.86%), Copper: 0.25mg (12.74%), Potassium: 425.36mg (12.15%), Vitamin C: 9.02mg (10.93%), Vitamin D: 1.22µg (8.13%)