



Barbecued Pork Quesadillas

READY IN



40 min.

SERVINGS



20

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup barbecue sauce
- 2 tablespoons butter softened
- 20 servings cilantro leaves fresh
- 20 servings barbecue sauce sour sliced
- 8 6-inch flour tortilla ()
- 0.3 cup cilantro leaves fresh chopped
- 5 spring onion minced
- 0.5 pound fatty pork shredded
- 1 cup cheddar cheese shredded

Equipment

frying pan

Directions

Stir together first 4 ingredients.

Spoon pork mixture evenly on 1 side of each tortilla; sprinkle with cheese. Fold tortillas in half, pressing gently to seal.

Spread butter on both sides of quesadillas.

Heat a large nonstick or cast-iron skillet over medium heat, and cook quesadillas 2 to 3 minutes on each side or until browned.

Cut each quesadilla in half for main-dish servings or in quarters for appetizer servings.

Serve with desired toppings.

Garnish, if desired.

Nutrition Facts



PROTEIN 15.68% **FAT 49.77%** **CARBS 34.55%**

Properties

Glycemic Index:6.5, Glycemic Load:1.92, Inflammation Score:-2, Nutrition Score:3.7304347598034%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 111.7kcal (5.59%), Fat: 6.14g (9.45%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 9.02g (3.28%), Sugar: 3.29g (3.66%), Cholesterol: 13.48mg (4.49%), Sodium: 226.43mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.71%), Vitamin B1: 0.15mg (9.9%), Selenium: 6.43µg (9.19%), Vitamin K: 8.29µg (7.9%), Phosphorus: 72.3mg (7.23%), Calcium: 61.48mg (6.15%), Vitamin B3: 1.1mg (5.48%), Vitamin B2: 0.09mg (5.07%), Manganese: 0.08mg (3.9%), Iron: 0.67mg (3.72%), Folate: 14.86µg (3.71%), Zinc: 0.51mg (3.39%), Vitamin B6: 0.06mg (3.12%), Vitamin A: 156.19IU (3.12%), Vitamin B12: 0.15µg (2.49%), Potassium: 81.64mg (2.33%), Fiber: 0.58g (2.32%), Magnesium: 7.97mg (1.99%), Copper: 0.03mg (1.4%), Vitamin B5: 0.13mg (1.28%)