



Barbeque Bacon Quesadillas

READY IN



35 min.

SERVINGS



8

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon diced
- 1 cup barbecue sauce
- 1 tablespoon brown sugar
- 8 10-inch flour tortilla ()
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons olive oil
- 2 cups cheddar cheese shredded
- 0.5 large onion yellow sliced thin

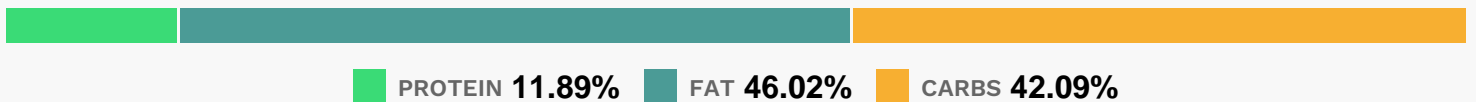
Equipment

- frying pan
- paper towels
- knife
- kitchen scissors

Directions

- Heat 1 tablespoon olive oil over medium heat in a large skillet.
- Add onion; cook and stir onions until softened about 5 minutes. Stir in bacon pieces and brown sugar, and cook until bacon pieces are crisp.
- Remove from skillet.
- Spread 1/4 cup barbecue sauce on one tortilla.
- Sprinkle with 1/4 of the bacon and onion mixture, 1 tablespoon cilantro, and 1/2 cup Cheddar cheese. Top with a tortilla.
- Heat 1 teaspoon olive oil over medium heat in a large skillet.
- Place the uncooked quesadilla in the skillet. Cook on one side until browned and crisp, about 3 minutes. Flip, and cook on the other side until the cheese is completely melted, about 2 minutes more.
- Remove to a paper towel lined plate to cool. Repeat with remaining six tortillas. Slice into quarters using a sharp knife or kitchen scissors when cool enough to handle.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:11.31, Inflammation Score:-5, Nutrition Score:13.70782618419%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 500.26kcal (25.01%), Fat: 25.48g (39.21%), Saturated Fat: 10.16g (63.53%), Carbohydrates: 52.43g (17.48%), Net Carbohydrates: 49.49g (18%), Sugar: 16.42g (18.24%), Cholesterol: 39.14mg (13.05%), Sodium: 1178.51mg (51.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.63%), Selenium: 27.46µg (39.22%), Calcium: 318.32mg (31.83%), Phosphorus: 307.51mg (30.75%), Vitamin B1: 0.42mg (27.91%), Vitamin B2: 0.36mg (21.1%), Manganese: 0.41mg (20.53%), Vitamin B3: 4mg (20.02%), Folate: 74.55µg (18.64%), Iron: 2.94mg (16.34%), Fiber: 2.95g (11.78%), Zinc: 1.68mg (11.21%), Vitamin K: 10.06µg (9.58%), Vitamin A: 403.18IU (8.06%), Magnesium: 30.86mg (7.71%), Vitamin E: 1.09mg (7.25%), Vitamin B6: 0.14mg (7.21%), Potassium: 243.18mg (6.95%), Vitamin B12: 0.38µg (6.37%), Copper: 0.12mg (6.01%), Vitamin B5: 0.4mg (3.98%), Vitamin D: 0.24µg (1.57%), Vitamin C: 1.04mg (1.26%)