



BBQ Ham, Bacon and Pineapple Quesadillas (aka BBQ Hawaiian Pizza Quesadillas)



Gluten Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons bbq sauce
- ☐ 1 serving cilantro leaves to taste
- ☐ 2 slices bacon crumbled cooked
- ☐ 0.3 cup ham cooked cut into small pieces
- ☐ 0.5 cup jack cheese shredded
- ☐ 2 tablespoons jalapeño fresh sliced (pickled or)
- ☐ 0.3 cup pineapple sliced

☐ 1 10-inch tortillas ()

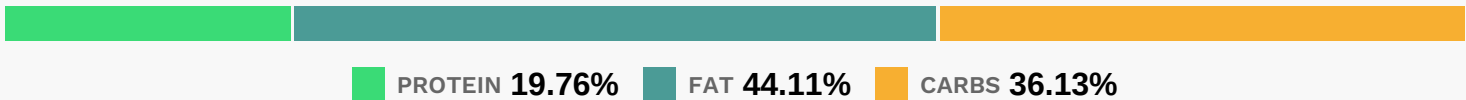
Equipment

☐ frying pan

Directions

☐ Heat a pan over medium heat, place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, followed by the ham, bacon, pineapple, BBQ sauce, jalapeno, cilantro and the remaining cheese. Fold the tortilla in half coving the filling and cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:183.67, Glycemic Load:14.21, Inflammation Score:-8, Nutrition Score:26.356521793034%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 631.47kcal (31.57%), Fat: 30.86g (47.48%), Saturated Fat: 15.28g (95.52%), Carbohydrates: 56.87g (18.96%), Net Carbohydrates: 52.69g (19.16%), Sugar: 19.8g (22%), Cholesterol: 86.75mg (28.92%), Sodium: 1811.15mg (78.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.23%), Vitamin C: 62.12mg (75.29%), Phosphorus: 557.78mg (55.78%), Calcium: 547.72mg (54.77%), Selenium: 38.13µg (54.46%), Vitamin B1: 0.65mg (43.51%), Manganese: 0.82mg (41.24%), Vitamin B2: 0.58mg (33.89%), Vitamin B3: 6.63mg (33.15%), Folate: 93.1µg (23.28%), Zinc: 3.34mg (22.25%), Vitamin B6: 0.44mg (22.11%), Iron: 3.76mg (20.89%), Vitamin A: 872.88IU (17.46%), Vitamin B12: 1.04µg (17.36%), Fiber: 4.19g (16.74%), Potassium: 493.57mg (14.1%), Magnesium: 55.57mg (13.89%), Vitamin K: 13.23µg (12.6%), Copper: 0.22mg (11.22%), Vitamin E: 1.58mg (10.53%), Vitamin B5: 0.9mg (8.99%), Vitamin D: 0.4µg (2.69%)