



Bbq Onion and Smoked Gouda Quesadillas with Pea Shoot Mini Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1007 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 2 ounces watercress trimmed
- ☐ 8 8-inch flour tortilla
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cups gouda cheese smoked packed grated
- ☐ 6 tablespoons olive oil divided
- ☐ 1 pound onion peeled halved thinly sliced

- ☐ 1 teaspoon hot sauce hot
- ☐ 2 tablespoons water

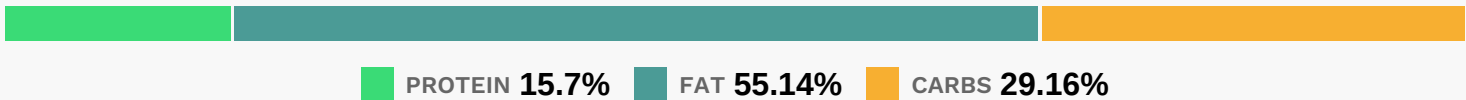
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 300°F.
- ☐ Heat 3 tablespoons oil in large nonstick skillet over high heat.
- ☐ Add onions and sauté until almost soft, about 5 minutes.
- ☐ Add barbecue sauce and 2 tablespoons water. Stir until onions are evenly coated, about 2 minutes.
- ☐ Place 4 tortillas on work surface.
- ☐ Sprinkle 1/4 of cheese, then 1/4 of cilantro and 1/4 of onions on each tortilla. Top each with second tortilla and press to adhere.
- ☐ Brush skillet with 1 teaspoon oil; heat over medium-high heat.
- ☐ Add 1 quesadilla; cook until cheese is melted, about 2 minutes per side.
- ☐ Place on baking sheet in oven. Repeat with remaining quesadillas.
- ☐ Cut each quesadilla into quarters; arrange 4 quarters on each plate. Toss pea shoots in medium bowl with 5 teaspoons oil, hot sauce, and pinch of salt.
- ☐ Serve salad with quesadillas.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:19.01, Inflammation Score:-9, Nutrition Score:32.596087020376%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 27.98mg, Quercetin: 27.98mg, Quercetin: 27.98mg, Quercetin: 27.98mg

Nutrients (% of daily need)

Calories: 1007.22kcal (50.36%), Fat: 61.85g (95.15%), Saturated Fat: 26.76g (167.24%), Carbohydrates: 73.58g (24.53%), Net Carbohydrates: 67.76g (24.64%), Sugar: 19.18g (21.32%), Cholesterol: 134.86mg (44.95%), Sodium: 2003.22mg (87.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.62g (79.24%), Calcium: 1029.34mg (102.93%), Phosphorus: 902.91mg (90.29%), Vitamin K: 63.18µg (60.17%), Selenium: 40.92µg (58.45%), Vitamin B2: 0.75mg (43.92%), Vitamin B1: 0.62mg (41.35%), Manganese: 0.73mg (36.7%), Folate: 144.91µg (36.23%), Zinc: 5.41mg (36.08%), Vitamin B12: 1.82µg (30.36%), Vitamin A: 1265.56IU (25.31%), Iron: 4.55mg (25.29%), Vitamin E: 3.7mg (24.65%), Vitamin B3: 4.9mg (24.51%), Fiber: 5.82g (23.29%), Vitamin C: 15.74mg (19.08%), Magnesium: 74.63mg (18.66%), Vitamin B6: 0.33mg (16.53%), Potassium: 546.86mg (15.62%), Copper: 0.23mg (11.27%), Vitamin B5: 0.8mg (8.01%), Vitamin D: 0.59µg (3.94%)