

## BBQ Quesadilla

READY IN



35 min.

SERVINGS



2

CALORIES



1501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup barbecue sauce bob evans®
- 4 10-inch flour tortilla ()
- 1 pound sausage hot bob evans®
- 1 cup monterrey jack cheese shredded
- 0.5 cup onion red thinly sliced
- 2 servings salsa
- 2 servings cream sour

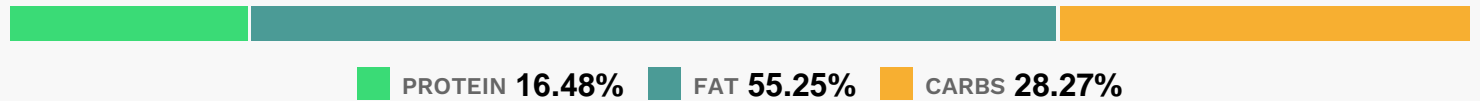
### Equipment

frying pan

## Directions

- In skillet over medium heat crumble and cook sausage and onions until brown. Stir in BBQ sauce.
- Lay 2 of the tortillas on a flat surface. Top each with 1/4 cup cheese. Divide sausage mixture between the two.
- Sprinkle each with 1/4 cup cheese. Top with remaining tortillas.
- Heat large skillet over medium heat.
- Add a small amount of oil to coat bottom of skillet. Cook one quesadilla at a time until golden brown on each side, about 2 to 3 minutes per side.
- Cut into wedges and serve with sour cream and salsa.

## Nutrition Facts



## Properties

Glycemic Index:58, Glycemic Load:22.78, Inflammation Score:-8, Nutrition Score:40.304782307666%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

## Nutrients (% of daily need)

Calories: 1500.63kcal (75.03%), Fat: 91.35g (140.54%), Saturated Fat: 36.1g (225.6%), Carbohydrates: 105.16g (35.05%), Net Carbohydrates: 98.37g (35.77%), Sugar: 32.54g (36.15%), Cholesterol: 220.66mg (73.55%), Sodium: 3763.51mg (163.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.33g (122.65%), Vitamin B1: 1.38mg (92.32%), Phosphorus: 890.69mg (89.07%), Vitamin B3: 17.75mg (88.75%), Calcium: 700.18mg (70.02%), Selenium: 41.27µg (58.96%), Vitamin B2: 0.97mg (57.24%), Zinc: 7.65mg (51.01%), Vitamin B6: 0.98mg (49.2%), Iron: 8.69mg (48.28%), Manganese: 0.89mg (44.42%), Vitamin B12: 2.42µg (40.37%), Folate: 155.07µg (38.77%), Potassium: 1105.06mg (31.57%), Fiber: 6.8g (27.2%), Magnesium: 97.1mg (24.28%), Vitamin D: 3.29µg (21.92%), Vitamin B5: 2.14mg (21.41%), Copper: 0.4mg (20.17%), Vitamin A: 993.9IU (19.88%), Vitamin K: 15.37µg (14.64%), Vitamin E: 1.59mg (10.63%), Vitamin C: 5.69mg (6.9%)