



Brie Quesadillas with Mango Guacamole

READY IN



35 min.

SERVINGS



24

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium avocado pitted peeled quartered
- 0.5 small jalapeno seeded finely chopped
- 1 small clove garlic finely chopped
- 2 tablespoons juice of lime
- 0.3 cup cilantro leaves fresh chopped
- 0.1 teaspoon salt
- 0.5 medium mangos diced peeled cut in half lengthwise, seed removed, and
- 11 oz flour tortilla for burritos (8 count)
- 6 oz round of président brie cut into 1/8-inch strips (not wedges)

- 0.3 lb finely-chopped ham cooked thinly sliced (from deli)
- 1 tablespoon vegetable oil

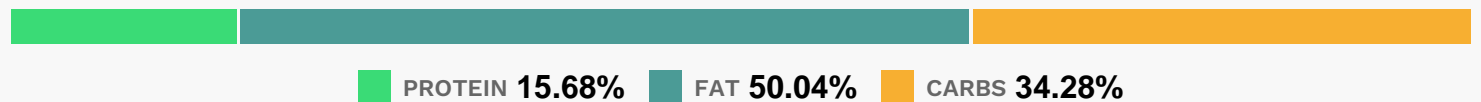
Equipment

- food processor
- bowl
- frying pan

Directions

- In food processor, place all guacamole ingredients except mango. Cover; process with 3 or 4 on/off turns until coarsely chopped.
- Place in small bowl; stir in mango. Set aside.
- Top half of each tortilla with cheese and ham. Fold tortilla over and press down.
- Brush tops with oil.
- Heat 12-inch skillet over medium-high heat.
- Place 3 quesadillas, oil sides down, in skillet.
- Brush tops with half of remaining oil. Cook 2 to 3 minutes, turning once, until both sides are golden brown and cheese is melted. Repeat with remaining quesadillas and oil.
- Cut each into 4 wedges.
- Serve with guacamole.

Nutrition Facts



Properties

Glycemic Index:10.28, Glycemic Load:2.41, Inflammation Score:-2, Nutrition Score:3.6917391438847%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-

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Nutrients (% of daily need)

Calories: 92.09kcal (4.6%), Fat: 5.18g (7.97%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 6.88g (2.5%), Sugar: 1.2g (1.33%), Cholesterol: 10.54mg (3.51%), Sodium: 207.66mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Selenium: 4.94µg (7.06%), Vitamin B1: 0.1mg (6.86%), Folate: 25.91µg (6.48%), Phosphorus: 59.37mg (5.94%), Vitamin B2: 0.1mg (5.77%), Vitamin C: 4.31mg (5.23%), Vitamin B3: 0.95mg (4.76%), Vitamin K: 4.66µg (4.44%), Fiber: 1.11g (4.42%), Manganese: 0.09mg (4.34%), Calcium: 34.33mg (3.43%), Iron: 0.61mg (3.37%), Vitamin B6: 0.07mg (3.33%), Vitamin B12: 0.18µg (3.06%), Zinc: 0.4mg (2.69%), Potassium: 91.71mg (2.62%), Vitamin B5: 0.24mg (2.4%), Vitamin A: 115.87IU (2.32%), Copper: 0.04mg (2.11%), Magnesium: 8.35mg (2.09%), Vitamin E: 0.29mg (1.95%)