



Brie Quesadillas with Mango Guacamole

READY IN



35 min.

SERVINGS



24

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium avocado pitted peeled quartered
- 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)
- 6 8-inch flour tortilla for burritos (from 11.5-oz package ())
- 0.3 cup cilantro leaves fresh chopped
- 1 small clove garlic finely chopped
- 0.5 small jalapeno seeded finely chopped
- 2 tablespoons juice of lime
- 0.5 medium mangos diced peeled cut in half lengthwise, seed removed, and

- 0.1 teaspoon salt
- 1 tablespoon vegetable oil

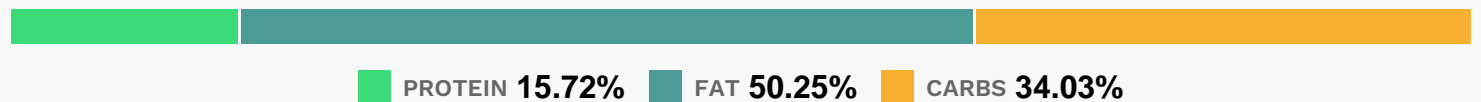
Equipment

- 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:2.37, Inflammation Score:-2, Nutrition Score:3.6660869633374%

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: 91.35kcal (4.57%), Fat: 5.16g (7.94%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 6.77g (2.46%), Sugar: 1.19g (1.32%), Cholesterol: 10.54mg (3.51%), Sodium: 205.87mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Selenium: 4.89µg (6.98%), Vitamin B1: 0.1mg (6.78%), Folate: 25.68µg (6.42%), Phosphorus: 58.87mg (5.89%), Vitamin B2: 0.1mg (5.73%), Vitamin C: 4.31mg (5.23%), Vitamin B3: 0.94mg (4.71%), Vitamin K: 4.64µg (4.42%), Fiber: 1.1g (4.39%), Manganese: 0.09mg (4.28%), Calcium: 33.97mg (3.4%), Iron: 0.6mg (3.33%), Vitamin B6: 0.07mg (3.32%), Vitamin B12: 0.18µg (3.06%), Zinc: 0.4mg (2.69%), Potassium: 91.41mg (2.61%), Vitamin B5: 0.24mg (2.4%), Vitamin A: 115.87IU (2.32%), Copper: 0.04mg (2.1%), Magnesium: 8.29mg (2.07%), Vitamin E: 0.29mg (1.95%)