



Butternut Squash and Kale Quesadillas

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons butter for frying plus more tortillas
- ☐ 0.5 butternut squash peeled seeded diced
- ☐ 0.3 teaspoon chile powder to taste more
- ☐ 8 small flour tortillas fajita-sized
- ☐ 1.3 cups goat cheese
- ☐ 1 bunch kale
- ☐ 0.5 teaspoon kosher salt

- ☐ 1.3 cups monterey jack grated more if needed
- ☐ 1 tablespoon olive oil

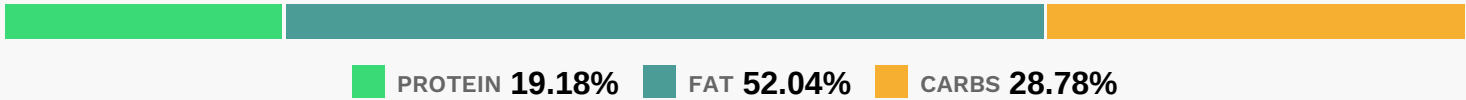
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula
- ☐ tongs

Directions

- ☐ Heat 1 tablespoon of the butter and the olive oil in a large skillet over high heat.
- ☐ Add the squash and sprinkle with the salt, chile powder and pepper. Cook for several minutes, turning gently with a spatula, until the squash is deep golden brown and tender (but not falling apart).
- ☐ Remove to a plate and set aside.
- ☐ In the same skillet, melt the remaining 1 tablespoon butter over medium-high heat and add in the kale. Toss it around with tongs and cook it for 3 to 4 minutes.
- ☐ Add in the cooked squash and gently toss together.
- ☐ In a separate skillet, melt additional butter and lightly brown both sides of the tortillas.
- ☐ Build the quesadillas one by one starting with a tortilla, adding a layer of the cheeses and a layer of the squash/kale mixture and ending with a second tortilla. You'll have four quesadillas when you're done.
- ☐ Brown each quesadilla on both sides, adding more butter to the pan to make sure the tortillas are nice and golden and yummy. When the cheese is melted, remove each quesadilla from the skillet and cut it into four wedges.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:10.63, Inflammation Score:-10, Nutrition Score:33.125217220058%

Flavonoids

Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 592.22kcal (29.61%), Fat: 34.66g (53.33%), Saturated Fat: 19.44g (121.53%), Carbohydrates: 43.13g (14.38%), Net Carbohydrates: 37.7g (13.71%), Sugar: 5.42g (6.02%), Cholesterol: 64.06mg (21.35%), Sodium: 1239.21mg (53.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.74g (57.49%), Vitamin A: 14254.32IU (285.09%), Vitamin K: 136.77µg (130.26%), Vitamin C: 50.04mg (60.66%), Calcium: 581.12mg (58.11%), Phosphorus: 514.38mg (51.44%), Vitamin B2: 0.71mg (41.97%), Manganese: 0.8mg (39.89%), Copper: 0.68mg (34.1%), Vitamin B1: 0.5mg (33.01%), Selenium: 21.61µg (30.87%), Folate: 118.17µg (29.54%), Iron: 5.06mg (28.13%), Vitamin B3: 4.58mg (22.9%), Vitamin B6: 0.44mg (21.83%), Fiber: 5.43g (21.71%), Magnesium: 77.37mg (19.34%), Potassium: 570.86mg (16.31%), Vitamin E: 2.34mg (15.58%), Zinc: 2.31mg (15.42%), Vitamin B5: 1.06mg (10.64%), Vitamin B12: 0.43µg (7.13%), Vitamin D: 0.5µg (3.3%)