



HEALTH SCORE

61%

Camembert-Caramelized Onion Quesadilla with Apple Chutney



Vegetarian



Very Healthy

READY IN



115 min.

SERVINGS



4

CALORIES



2627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.5 cup apple juice
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 pound camembert cheese cut cubes plus extra to put on top thinly sliced
- ☐ 2 tablespoons canola oil
- ☐ 4 servings canola oil
- ☐ 8 6-inch flour tortillas 12-inch

- ☐ 1 tablespoon ginger fresh finely chopped
- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 3 granny smith apples diced cored peeled
- ☐ 0.5 jalapeño chile diced finely
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion red finely chopped
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 onions sweet peeled halved thinly sliced
- ☐ 4 servings thyme sprigs fresh for garnish
- ☐ 2 tablespoons butter unsalted

Equipment

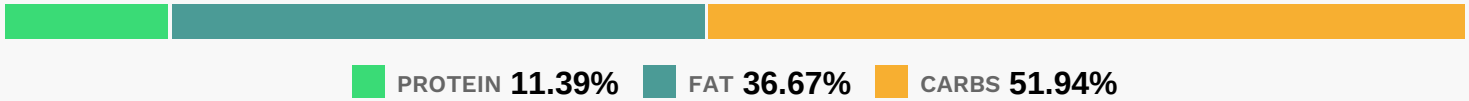
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat the grill to medium.
- ☐ Heat the oil and butter in a large saute pan over medium heat.
- ☐ Add the onions and slowly cook until caramelized, about 45 minutes. Then stir in the balsamic vinegar and thyme.
- ☐ Let cool slightly before using in quesadilla.
- ☐ Place 6 quesadillas on a flat surface and divide the cheese and onions among the tortillas. Season filling with salt and pepper. Stack the tortillas to make 3 (2-layer) tortillas, and top with the remaining tortillas.
- ☐ Brush the tops with oil and grill, oiled-side down, until golden brown, about 2 to 3 minutes. Flip the quesadillas, close the cover, and grill until the cheese has melted, about 5 minutes. Slice

- into quarters, and place 3 quarters on each of 4 plates. Top with a dollop of the apple chutney and a sprig of fresh thyme.
- ☐ Heat oil in a medium saucepan over medium-high heat.
 - ☐ Add the onion, ginger, garlic, and jalapeno, and cook until soft.
 - ☐ Add half of the apples, the apple juice and vinegar, and cook until the apples are soft.
 - ☐ Remove from the heat and stir in the remaining apples and the thyme. Season with salt and pepper, to taste.
 - ☐ Transfer to a bowl and let sit at room temperature for 30 minutes before serving so that flavors meld.

Nutrition Facts



Properties

Glycemic Index:115.69, Glycemic Load:102.58, Inflammation Score:-10, Nutrition Score:62.111738982408%

Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 11.74mg, Epicatechin: 11.74mg, Epicatechin: 11.74mg, Epicatechin: 11.74mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 35.38mg, Quercetin: 35.38mg, Quercetin: 35.38mg, Quercetin: 35.38mg

Nutrients (% of daily need)

Calories: 2626.88kcal (131.34%), Fat: 106.77g (164.27%), Saturated Fat: 40.79g (254.93%), Carbohydrates: 340.32g (113.44%), Net Carbohydrates: 313.3g (113.93%), Sugar: 50.46g (56.07%), Cholesterol: 96.7mg (32.23%), Sodium: 5639.64mg (245.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.64g (149.28%), Selenium: 153.22µg (218.89%), Vitamin B1: 3.2mg (213.56%), Folate: 690.79µg (172.7%), Phosphorus: 1723.82mg (172.38%), Manganese: 3.37mg (168.73%), Vitamin B3: 28.06mg (140.3%), Calcium: 1393.8mg (139.38%), Vitamin B2: 2.37mg (139.14%), Iron: 23.66mg (131.44%), Fiber: 27.02g (108.09%), Vitamin K: 67.54µg (64.32%), Vitamin B6: 0.96mg (48.16%), Magnesium: 188.74mg (47.18%), Zinc: 6.33mg (42.17%), Copper: 0.83mg (41.28%), Potassium: 1430.44mg (40.87%),

Vitamin E: 4.94mg (32.9%), Vitamin B5: 2.87mg (28.73%), Vitamin C: 23.17mg (28.09%), Vitamin A: 1318.79IU (26.38%), Vitamin B12: 1.49µg (24.77%), Vitamin D: 0.56µg (3.72%)