



Cheese and Hominy Quesadillas with Tropical Salsa



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 6-inch corn tortillas
- ☐ 3 ounces feta cheese crumbled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup hominy drained (from 15-ounce can)
- ☐ 1 jalapeno seeded chopped
- ☐ 1 cup mangos diced pitted peeled
- ☐ 1 cup pineapple cored peeled finely chopped

- ☐ 0.5 cup onion red chopped
- ☐ 3 tablespoons vegetable oil ()

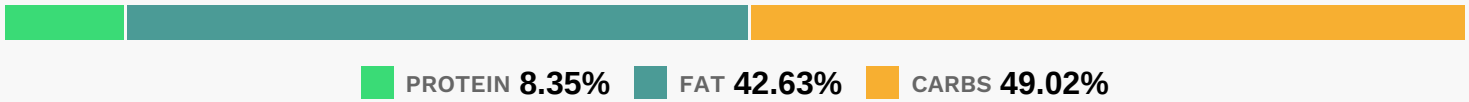
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Stir first 5 ingredients in medium bowl to blend. Season salsa with salt and pepper.
- ☐ Cook tortillas over gas flame until blackened in spots, about 30 seconds per side.
- ☐ Transfer to work surface.
- ☐ Sprinkle 4 tortillas with both cheeses and hominy, dividing equally; top with remaining 4 tortillas.
- ☐ Heat 1 1/2 tablespoons oil in each of 2 heavy large skillets over medium heat.
- ☐ Place 2 quesadillas in each skillet. Cook until bottoms are crisp and brown, pressing occasionally with spatula, about 2 minutes. Turn quesadillas over. Cook until bottoms are brown and cheeses melt, adding more oil as needed, about 2 minutes longer.
- ☐ Cut quesadillas into quarters. Arrange 4 quarters on each of 4 plates.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:69.73, Glycemic Load:16.43, Inflammation Score:-7, Nutrition Score:14.409565212934%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 344.19kcal (17.21%), Fat: 16.86g (25.94%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 37.61g (13.68%), Sugar: 11.92g (13.25%), Cholesterol: 18.92mg (6.31%), Sodium: 410.29mg (17.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Vitamin C: 40.63mg (49.25%), Manganese: 0.65mg (32.31%), Phosphorus: 265.64mg (26.56%), Fiber: 6.01g (24.04%), Vitamin K: 25.07µg (23.88%), Vitamin B6: 0.34mg (17.08%), Calcium: 166.66mg (16.67%), Magnesium: 59.94mg (14.98%), Vitamin B2: 0.25mg (14.95%), Vitamin A: 667.04IU (13.34%), Zinc: 1.86mg (12.38%), Selenium: 8.01µg (11.44%), Vitamin E: 1.57mg (10.48%), Copper: 0.2mg (10.1%), Folate: 40.34µg (10.09%), Vitamin B1: 0.14mg (9.22%), Vitamin B3: 1.57mg (7.83%), Potassium: 270.97mg (7.74%), Iron: 1.29mg (7.16%), Vitamin B12: 0.36µg (5.99%), Vitamin B5: 0.54mg (5.36%)