



Chile, Cheese and Bacon Quesadillas

READY IN



20 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 11 oz flour tortilla for burritos (8 count)
- 8 oz sharp cheddar cheese shredded
- 4 oz chilis green undrained chopped canned
- 2.3 oz olives ripe drained sliced canned
- 2 tablespoons onion red finely chopped
- 1 serving cherry tomatoes pitted ripe

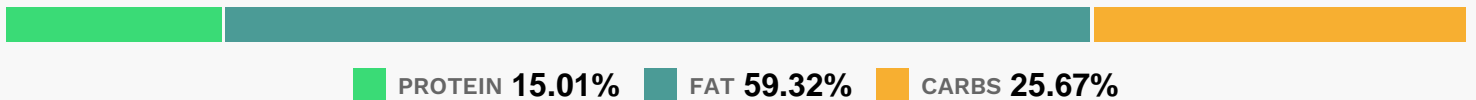
Equipment

- paper towels
- toothpicks
- grill

Directions

- Heat closed medium-size contact grill for 5 minutes.
- Place bacon crosswise on grill. Close grill. Grill 5 to 6 minutes or until crisp.
- Remove from grill; drain on paper towels. Scrape drippings from grill. Coarsely chop bacon.
- Sprinkle 4 tortillas with cheese. Top each with bacon, chiles, sliced olives, onion and remaining tortillas; press lightly.
- Place 1 quesadilla at a time on grill. Close grill. Grill 2 to 4 minutes or until light golden brown and cheese is melted.
- Cut each quesadilla into 4 wedges. Attach tomato or whole olive to top of each wedge with decorative toothpick.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:12.64, Inflammation Score:-7, Nutrition Score:21.411304390949%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 691.11kcal (34.56%), Fat: 45.53g (70.05%), Saturated Fat: 19.35g (120.95%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 40.25g (14.63%), Sugar: 4.3g (4.78%), Cholesterol: 85.74mg (28.58%), Sodium: 1601.47mg (69.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.93g (51.86%), Selenium: 42.71µg (61.02%), Calcium: 540.6mg (54.06%), Phosphorus: 499.21mg (49.92%), Vitamin B1: 0.55mg (36.79%), Vitamin B2: 0.52mg (30.86%), Vitamin B3: 5.66mg (28.32%), Folate: 106.74µg (26.68%), Vitamin C: 18.5mg (22.43%), Manganese: 0.44mg (22.05%), Iron: 3.82mg (21.21%), Zinc: 3.11mg (20.7%), Vitamin A: 863.83IU (17.28%), Fiber: 4.08g (16.32%), Vitamin B6: 0.28mg (13.82%), Vitamin B12: 0.82µg (13.68%), Magnesium: 44.46mg (11.11%),

Potassium: 354.92mg (10.14%), Vitamin E: 1.43mg (9.53%), Copper: 0.17mg (8.36%), Vitamin K: 8.25µg (7.86%),
Vitamin B5: 0.69mg (6.88%), Vitamin D: 0.52µg (3.44%)