



Chile-Spiced Ahi Tuna Quesadillas

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce albacore tuna steaks chopped
- 0.5 teaspoon pepper black freshly ground plus more for seasoning
- 2 pasilla chiles dried stemmed deveined seeded
- 8 corn tortillas
- 0.5 cucumber diced english finely
- 1 juice of lime juiced
- 2 cups monterey jack shredded dry
- 2 tablespoons olive oil extra-virgin

- 4 tablespoons olive oil extra-virgin
- 1 tablespoon mexican oregano dried crumbled
- 0.3 head cabbage shredded red
- 0.5 onion red sliced
- 1.5 teaspoons salt plus more for seasoning
- 8 servings salt and pepper black freshly ground
- 2 tomatoes seeded chopped

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- mixing bowl
- glass baking pan

Directions

- For the salad: In a medium mixing bowl, combine the tomatoes, cucumbers, cabbage, lime juice and olive oil.
- Mix to combine and season with salt and pepper. Set aside.
- Place the chiles, oregano, salt and pepper in a spice grinder or food processor and pulse into a coarse powder.
- Pour the rub into a glass baking dish.
- Add the tuna pieces into the chile rub and toss to coat. Set aside.
- Heat 2 tablespoons olive oil in a large heavy saucepan over medium-high heat.
- Add the red onions to the pan and cook until softened and slightly browned, about 5 minutes. Season with salt and pepper.
- Remove the onions to a bowl and set aside. Into the same saute pan, heat the remaining 2 tablespoons olive oil and add the tuna pieces. Cook until no longer pink, about 5 minutes.
- Remove the tuna to a bowl and set aside.

- Drizzle the olive oil into the hot pan.
- Place a corn tortilla into the pan.
- Place 1/4 cup shredded cheese onto one half of the tortilla. Top with a spoonful of the tuna mixture and a couple slices of sauteed onion. Fold the bare half of the tortilla over, into a half-moon, and cook until the cheese melts and the tortilla forms a golden crust, about 2 minutes on each side.
- Remove the quesadilla onto a serving plate. Top with a spoonful of the cabbage salad. Repeat with the remaining 7 tortillas.

Nutrition Facts

PROTEIN 22.19% **FAT 56.53%** **CARBS 21.28%**

Properties

Glycemic Index:36.69, Glycemic Load:6.4, Inflammation Score:-9, Nutrition Score:21.401304286459%

Flavonoids

Cyanidin: 55.01mg, Cyanidin: 55.01mg, Cyanidin: 55.01mg, Cyanidin: 55.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 345.44kcal (17.27%), Fat: 22.14g (34.06%), Saturated Fat: 7.55g (47.21%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 15.09g (5.49%), Sugar: 3.51g (3.9%), Cholesterol: 41.3mg (13.77%), Sodium: 208.78mg (9.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.11%), Vitamin B12: 4.24µg (70.74%), Vitamin C: 37.52mg (45.48%), Vitamin A: 1851.2IU (37.02%), Phosphorus: 344.83mg (34.48%), Vitamin K: 34.17µg (32.54%), Selenium: 21.59µg (30.85%), Calcium: 282.6mg (28.26%), Vitamin B3: 4.63mg (23.17%), Vitamin B6: 0.44mg (22.15%), Vitamin E: 2.66mg (17.71%), Vitamin D: 2.59µg (17.29%), Manganese: 0.34mg (17.22%), Vitamin B2: 0.28mg (16.74%), Magnesium: 65.77mg (16.44%), Fiber: 3.67g (14.67%), Vitamin B1: 0.18mg (11.97%), Potassium: 415.82mg (11.88%), Iron: 2.09mg (11.59%), Zinc: 1.68mg (11.19%), Copper: 0.15mg (7.35%), Vitamin B5: 0.7mg (7.03%), Folate: 25.86µg (6.46%)