



HEALTH SCORE

59%

Chipotle Peach Salsa Quesadillas



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



939 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 juice of lime
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 4 peaches diced
- ☐ 0.3 cup onion diced red
- ☐ 0.3 cup bell pepper diced red
- ☐ 1 cup chipotle peach salsa (see below)
- ☐ 1 serving salt to taste

☐ 4 servings tortillas (6-)

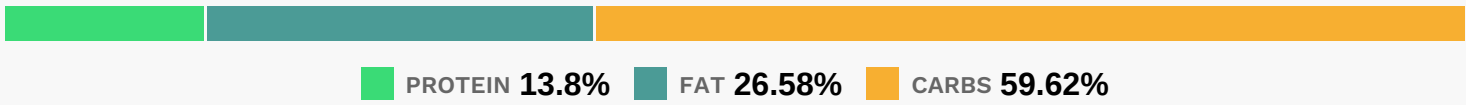
Equipment

☐ frying pan

Directions

☐ Heat a pan over medium heat, place a tortilla in the pan, sprinkle half of the cheese over the tortilla, followed by the peach salsa, the remaining cheese and tortilla.Cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:192.25, Glycemic Load:40.9, Inflammation Score:-10, Nutrition Score:51.232609137245%

Flavonoids

Cyanidin: 11.52mg, Cyanidin: 11.52mg, Cyanidin: 11.52mg, Cyanidin: 11.52mg Catechin: 29.52mg, Catechin: 29.52mg, Catechin: 29.52mg, Catechin: 29.52mg Epigallocatechin: 6.24mg, Epigallocatechin: 6.24mg, Epigallocatechin: 6.24mg, Epigallocatechin: 6.24mg Epicatechin: 14.04mg, Epicatechin: 14.04mg, Epicatechin: 14.04mg, Epicatechin: 14.04mg Epigallocatechin 3-gallate: 1.8mg, Epigallocatechin 3-gallate: 1.8mg, Epigallocatechin 3-gallate: 1.8mg, Epigallocatechin 3-gallate: 1.8mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.43mg, Quercetin: 14.43mg, Quercetin: 14.43mg, Quercetin: 14.43mg

Nutrients (% of daily need)

Calories: 939.45kcal (46.97%), Fat: 29.01g (44.64%), Saturated Fat: 14.51g (90.66%), Carbohydrates: 146.44g (48.81%), Net Carbohydrates: 126.87g (46.13%), Sugar: 68.78g (76.43%), Cholesterol: 50.28mg (16.76%), Sodium: 3205.12mg (139.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.91g (67.81%), Vitamin C: 90.26mg (109.41%), Vitamin A: 5090.5IU (101.81%), Fiber: 19.57g (78.3%), Phosphorus: 740.66mg (74.07%), Selenium: 50.2µg (71.71%), Calcium: 712.3mg (71.23%), Manganese: 1.38mg (68.75%), Vitamin B3: 13.6mg (68.01%), Vitamin B1: 0.9mg (59.72%), Vitamin E: 8.46mg (56.41%), Vitamin B2: 0.88mg (51.85%), Potassium: 1791.54mg (51.19%), Vitamin K:

53.54µg (50.99%), Folate: 199.59µg (49.9%), Iron: 8.24mg (45.77%), Vitamin B6: 0.9mg (44.84%), Copper: 0.82mg (40.95%), Magnesium: 140.57mg (35.14%), Zinc: 4.44mg (29.58%), Vitamin B5: 1.99mg (19.86%), Vitamin B12: 0.47µg (7.82%), Vitamin D: 0.34µg (2.26%)