



HEALTH SCORE

51%

Chipotle Roasted Pumpkin, Mushroom and Kale Quesadillas with Chipotle Pumpkin Crema and Kale Salsa



Vegetarian



Gluten Free



Popular

READY IN



50 min.

SERVINGS



2

CALORIES



846 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tablespoon chipotle chili powder
- ☐ 1 handful cilantro leaves coarsely chopped
- ☐ 0.5 cup crema sour
- ☐ 0.3 teaspoon cumin
- ☐ 2 cloves garlic
- ☐ 1 jalapeño coarsely chopped

- ☐ 2 tablespoons kale and pepita salsa (see below)
- ☐ 4 cups kale coarsely chopped
- ☐ 2 tablespoons juice of lime (- 1 lime)
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 0.5 cup mushrooms quartered
- ☐ 1 tablespoon oil
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup pepitas toasted
- ☐ 0.5 cup pumpkin peeled seeded cut into 1.2 inch cubes (or butternut squash)
- ☐ 2 tablespoons chipotle roasted pumpkin crema (see below)
- ☐ 2 servings salt to taste
- ☐ 0.5 cup cheddar cheese shredded

Equipment

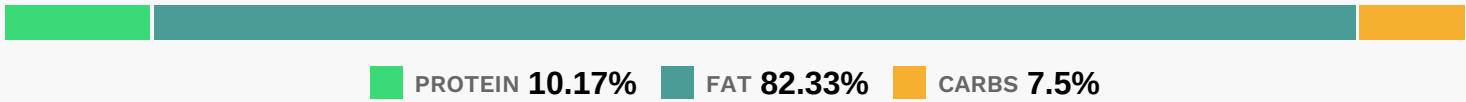
- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Toss the pumpkin and mushrooms in the chili powder, cumin and oil and roast in a preheated 400F oven until the pumpkin is tender and starting to caramelize, about 20–30 minutes. Meanwhile, steam the kale.
- ☐ Heat a pan over medium heat, place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, followed by the pumpkin, mushrooms, kale, half of the kale and pepita salsa, half of the chipotle roasted pumpkin crema, the remaining cheese and fold the tortilla in half to cover. Cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2–4 minutes per side.
- ☐ Serve with the remaining kale and pepita salsa and chipotle roasted pumpkin crema for topping or dipping. Toss the pumpkin in the chili powder, cumin and oil and roast in a preheated 400F oven until the pumpkin is tender and starting to caramelize, about 20–30 minutes. Puree the pumpkin and crema in a food processor. Puree everything in a food

processor.

Nutrition Facts



Properties

Glycemic Index:129.5, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:35.890869555266%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 13.4mg, Isorhamnetin: 13.4mg, Isorhamnetin: 13.4mg, Isorhamnetin: 13.4mg Kaempferol: 26.58mg, Kaempferol: 26.58mg, Kaempferol: 26.58mg, Kaempferol: 26.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.36mg, Quercetin: 14.36mg, Quercetin: 14.36mg, Quercetin: 14.36mg

Nutrients (% of daily need)

Calories: 846.22kcal (42.31%), Fat: 80.06g (123.17%), Saturated Fat: 23.41g (146.34%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 11.24g (4.09%), Sugar: 4.81g (5.34%), Cholesterol: 87.32mg (29.11%), Sodium: 647.81mg (28.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.48%), Vitamin K: 261.34µg (248.89%), Vitamin A: 11068.08IU (221.36%), Vitamin C: 75.96mg (92.08%), Calcium: 655.7mg (65.57%), Vitamin E: 9.1mg (60.69%), Manganese: 1.17mg (58.37%), Phosphorus: 536mg (53.6%), Vitamin B2: 0.68mg (40.29%), Magnesium: 136.08mg (34.02%), Selenium: 19.27µg (27.52%), Zinc: 3.64mg (24.3%), Fiber: 5.17g (20.68%), Potassium: 719mg (20.54%), Iron: 3.5mg (19.47%), Folate: 76µg (19%), Copper: 0.37mg (18.73%), Vitamin B6: 0.36mg (18.12%), Vitamin B3: 3.07mg (15.34%), Vitamin B1: 0.19mg (12.56%), Vitamin B12: 0.66µg (11.07%), Vitamin B5: 1.1mg (10.96%), Vitamin D: 0.39µg (2.58%)