

What She Ate

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health-score 76%

HEALTH SCORE

Chorizo and Shrimp Quesadillas with Smoky Guacamole

Very Healthy

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

3127 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chipotle peppers in adobo canned
- ☐ 0.5 pound chorizo sausage sliced thin
- ☐ 1 tablespoon olive oil extra virgin for drizzling
- ☐ 48 inch flour tortillas
- ☐ 1 clove garlic crushed
- ☐ 2 haas avocados ripe
- ☐ 1 juice of lime juiced

- ☐ 0.5 pound cups shredded
- ☐ 2 pinches a couple salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 12 large shrimp deveined peeled for easy-peels at fish counter
- ☐ 0.3 cup cup heavy whipping cream sour

Equipment

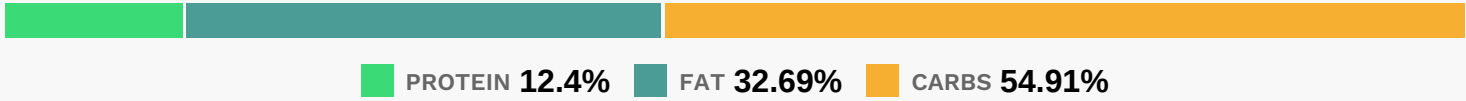
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Cut avocados all the way around with a sharp knife. Scoop out the pit, then spoon avocado flesh away from skin into a food processor.
- ☐ Add the juice of 1 lime, a couple of pinches salt, sour cream and chipotles in adobo. Pulse guacamole until smooth.
- ☐ Transfer to a serving bowl.
- ☐ Heat a 12-inch nonstick skillet over medium high heat. Brown chorizo 2 to 3 minutes, then remove from pan.
- ☐ Add oil, garlic, then shrimp. Season shrimp with salt and pepper and cook shrimp until pink, 2 or 3 minutes.
- ☐ Transfer shrimp to a cutting board and coarsely chop.
- ☐ Add a drizzle of oil to the pan and a large tortilla. Cook tortilla 30 seconds, then turn. Cover 1/2 of the tortilla with a couple of handfuls of cheese. Arrange a layer of chorizo and shrimp over the cheese and fold tortilla over. Press down gently with a spatula and cook tortilla a minute or so on each side to melt cheese and crisp.

- ☐
- Remove quesadilla to large cutting board and repeat with remaining ingredients.
- ☐
- Cut each quesadilla into 5 wedges and transfer to plates with your spatula. Top wedges of quesadillas with liberal amounts of smoky guacamole.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:132.01, Inflammation Score:-10, Nutrition Score:62.871304283971%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 3127.26kcal (156.36%), Fat: 112.95g (173.77%), Saturated Fat: 44.04g (275.22%), Carbohydrates: 426.78g (142.26%), Net Carbohydrates: 389.82g (141.75%), Sugar: 33.24g (36.93%), Cholesterol: 147.24mg (49.08%), Sodium: 6764.58mg (294.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 96.39g (192.79%), Vitamin B1: 4.31mg (287.16%), Selenium: 196.59µg (280.85%), Folate: 882.86µg (220.72%), Manganese: 4.34mg (216.86%), Phosphorus: 2111.88mg (211.19%), Vitamin B3: 38.96mg (194.8%), Iron: 32.47mg (180.38%), Calcium: 1709.59mg (170.96%), Vitamin B2: 2.75mg (161.58%), Fiber: 36.95g (147.82%), Vitamin K: 85.55µg (81.47%), Magnesium: 242.15mg (60.54%), Copper: 1.21mg (60.42%), Zinc: 7.26mg (48.41%), Potassium: 1693.71mg (48.39%), Vitamin B6: 0.82mg (40.85%), Vitamin B5: 2.96mg (29.56%), Vitamin C: 22.95mg (27.82%), Vitamin A: 962.75IU (19.26%), Vitamin E: 2.8mg (18.7%), Vitamin B12: 0.5µg (8.35%), Vitamin D: 0.34µg (2.27%)