



Chorizo Quesadillas

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille finely chopped
- ☐ 1 Handful cilantro leaves finely chopped
- ☐ 4 servings coarse salt
- ☐ 4 12-inch flour tortillas
- ☐ 1 jalapeño seeded finely chopped
- ☐ 2 cups monterey pepper jack smoked shredded
- ☐ 3 small plum tomatoes seeded chopped
- ☐ 2 scallions chopped
- ☐ 1 small onion white finely chopped

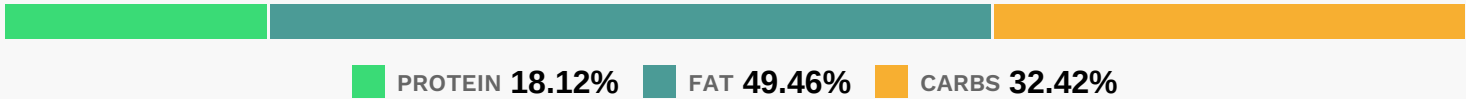
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Preheat a nonstick skillet or griddle pan to high heat. Blister a flour tortilla for 20 seconds, flip. Cover half the tortilla surface with shredded cheese, bits of chorizo or andouille, and chopped scallions. Fold the tortilla in half and cook a minute longer, 30 seconds on each side, pressing down gently with a spatula.
- ☐ Cut quesadillas into 4 wedges and top with salsa.
- ☐ For salsa, combine ingredients in a small bowl and spoon over wedges of quesadilla, as you snack.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:18.87, Inflammation Score:-8, Nutrition Score:27.082173969435%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 762.39kcal (38.12%), Fat: 41.79g (64.29%), Saturated Fat: 19.15g (119.7%), Carbohydrates: 61.65g (20.55%), Net Carbohydrates: 56.53g (20.55%), Sugar: 7.39g (8.21%), Cholesterol: 99.05mg (33.02%), Sodium: 1837.91mg (79.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.44g (68.89%), Selenium: 45.5µg (65%), Calcium: 607.24mg (60.72%), Phosphorus: 590.03mg (59%), Vitamin B1: 0.76mg (50.51%), Vitamin B3: 8.95mg (44.73%), Vitamin B2: 0.66mg (39.06%), Folate: 133.6µg (33.4%), Manganese: 0.67mg (33.28%), Iron: 5.5mg (30.58%), Vitamin K: 29.53µg (28.13%), Zinc: 3.83mg (25.54%), Fiber: 5.13g (20.51%), Vitamin A: 1010.46IU (20.21%), Vitamin

B12: 1.02µg (17.08%), Vitamin C: 13.21mg (16.02%), Potassium: 548.42mg (15.67%), Vitamin B6: 0.3mg (15.02%),
Magnesium: 58.26mg (14.57%), Copper: 0.22mg (11.01%), Vitamin B5: 0.8mg (8%), Vitamin D: 1.13µg (7.55%),
Vitamin E: 1.1mg (7.3%)