



Corn and Chile Quesadillas

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound anaheim chiles
- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 4 8-inch flour tortillas ()
- ☐ 4 ounces aged gouda cheese shredded
- ☐ 0.3 cup green onions chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup bottled salsa

- ☐ 1.3 ounces shiitake mushroom caps thinly sliced

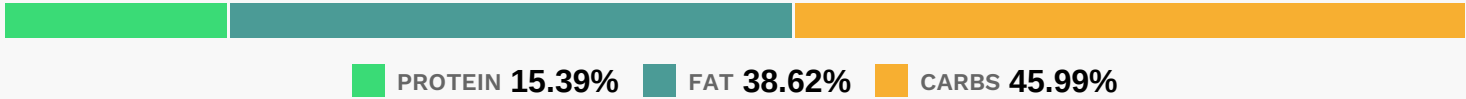
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut chiles in half lengthwise; discard seeds and membranes.
- ☐ Place chile halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and chop. Reduce oven temperature to 20
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms; saut 2 minutes.
- ☐ Add corn, onions, and pepper; saut 2 minutes.
- ☐ Place mixture in a bowl; stir in chopped chiles. Wipe pan clean.
- ☐ Place about 1/4 cup mushroom mixture and 1/4 cup cheese over half of 1 tortilla. Repeat procedure with remaining 1 1/4 cups mushroom mixture, remaining 3/4 cup cheese, and remaining 3 tortillas.
- ☐ Heat pan over medium heat. Coat pan with cooking spray.
- ☐ Place 1 tortilla in pan; cook 2 minutes or until cheese melts and bottom is golden. Fold tortilla in half; place on a baking sheet.
- ☐ Place in 200 oven to keep warm. Repeat procedure with remaining tortillas.
- ☐ Cut each quesadilla into wedges; serve with salsa.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:8.35, Inflammation Score:-5, Nutrition Score:13.416521699532%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 332.04kcal (16.6%), Fat: 14.46g (22.25%), Saturated Fat: 6.86g (42.91%), Carbohydrates: 38.76g (12.92%), Net Carbohydrates: 33.3g (12.11%), Sugar: 7.83g (8.69%), Cholesterol: 32.32mg (10.77%), Sodium: 1095.45mg (47.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.93%), Phosphorus: 301.44mg (30.14%), Calcium: 288.21mg (28.82%), Selenium: 16.57µg (23.67%), Fiber: 5.46g (21.84%), Vitamin B1: 0.3mg (19.76%), Vitamin K: 19.93µg (18.98%), Folate: 75.53µg (18.88%), Manganese: 0.38mg (18.84%), Vitamin B2: 0.31mg (18.22%), Vitamin B3: 3.42mg (17.12%), Iron: 2.31mg (12.85%), Zinc: 1.69mg (11.26%), Vitamin C: 9.25mg (11.22%), Magnesium: 32.78mg (8.19%), Potassium: 281.06mg (8.03%), Vitamin A: 396.71IU (7.93%), Vitamin B6: 0.16mg (7.75%), Vitamin B12: 0.44µg (7.28%), Copper: 0.12mg (5.82%), Vitamin E: 0.82mg (5.5%), Vitamin B5: 0.53mg (5.3%), Vitamin D: 0.18µg (1.18%)