



Corned Beef Quesadillas

READY IN



15 min.

SERVINGS



4

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 oz flour tortilla for burritos (8 count)
- 1 tablespoon butter melted
- 8 oz swiss cheese
- 1 cup corned beef ribs leftover chopped
- 0.5 cup sauerkraut
- 1 serving thousand island dressing

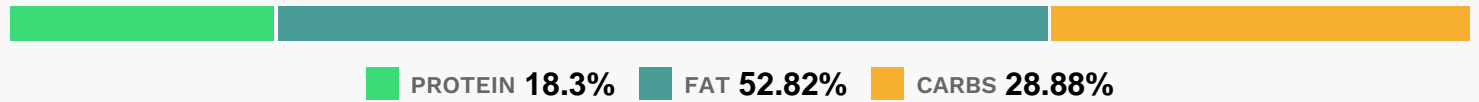
Equipment

- frying pan

Directions

- Heat nonstick griddle or large skillet over medium heat.
- Brush 1 side of each tortilla with melted butter; place tortillas, buttered side down, on griddle.
- Top each tortilla with 1 cheese slice, 1/4 cup corned beef, 2 tablespoons sauerkraut and another cheese slice. Fold tortilla in half over filling. Cook 3 to 5 minutes, turning once, until golden brown and cheese is melted.
- Cut each quesadilla into 4 wedges.
- Serve with Thousand Island dressing.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:12.47, Inflammation Score:-6, Nutrition Score:20.785217575405%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 574.22kcal (28.71%), Fat: 33.51g (51.56%), Saturated Fat: 16.12g (100.74%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 37.92g (13.79%), Sugar: 4.35g (4.83%), Cholesterol: 77.46mg (25.82%), Sodium: 1234.47mg (53.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.24%), Calcium: 627.86mg (62.79%), Selenium: 40.07µg (57.25%), Phosphorus: 525.52mg (52.55%), Vitamin B12: 2.22µg (37.02%), Vitamin B1: 0.52mg (34.83%), Vitamin B2: 0.45mg (26.2%), Zinc: 3.75mg (25.02%), Vitamin B3: 4.57mg (22.86%), Manganese: 0.42mg (21.17%), Folate: 84.16µg (21.04%), Iron: 3.73mg (20.73%), Vitamin K: 14.14µg (13.47%), Fiber: 3.3g (13.21%), Vitamin C: 10.24mg (12.41%), Vitamin A: 577.09IU (11.54%), Magnesium: 42.79mg (10.7%), Vitamin B6: 0.19mg (9.54%), Copper: 0.16mg (7.79%), Potassium: 260.65mg (7.45%), Vitamin B5: 0.55mg (5.52%), Vitamin E: 0.75mg (4.97%)