

Couples Quesadillas

READY IN



45 min.

SERVINGS



2

CALORIES



947 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cilantro leaves chopped for garnish
- 4 2-inch flour tortilla (7 1/2 inch diameter)
- 2 ounces goat cheese crumbled soft
- 2 ounces monterrey jack cheese grated
- 2 cream sour prepared quartered for garnish
- 2 spring onion thinly sliced
- 2 large mushroom caps thinly sliced
- 0.5 cup chicken shredded cooked

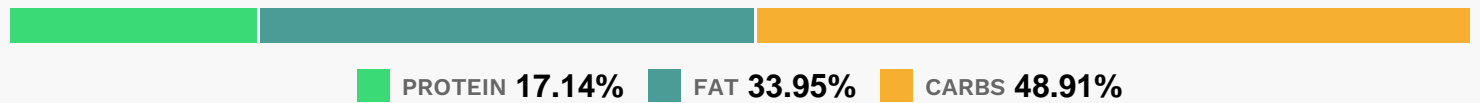
Equipment

- frying pan
- oven
- spatula

Directions

- Place 2 tortillas on a work surface and sprinkle each evenly with 1 ounce Jack cheese, 1 ounce goat cheese and 1/4 cup shredded, cooked chicken (store-bought). Top with mushrooms and scallions. Cover each with a second tortilla and lightly press with palm.
- Heat skillet and cook, pressing with a spatula until tortillas brown slightly, 3 to 4 minutes per side.
- Remove to a low oven. Repeat.
- To serve, cut into quarters and serve hot with garnishes.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:36.01, Inflammation Score:-8, Nutrition Score:35.596086973729%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 947.34kcal (47.37%), Fat: 35.39g (54.45%), Saturated Fat: 16.94g (105.89%), Carbohydrates: 114.71g (38.24%), Net Carbohydrates: 106.06g (38.57%), Sugar: 9.5g (10.56%), Cholesterol: 65.11mg (21.7%), Sodium: 1982.34mg (86.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.21g (80.41%), Selenium: 65.27µg (93.24%), Vitamin B1: 1.2mg (80.11%), Phosphorus: 756.3mg (75.63%), Vitamin B3: 13.59mg (67.97%), Manganese: 1.22mg (60.8%), Calcium: 598.32mg (59.83%), Folate: 234.26µg (58.56%), Vitamin B2: 0.95mg (56.16%), Iron: 9.68mg (53.79%), Vitamin K: 43.11µg (41.06%), Fiber: 8.65g (34.59%), Copper: 0.5mg (25.21%), Vitamin B6: 0.42mg (21.02%), Zinc: 3.05mg (20.31%), Magnesium: 75.05mg (18.76%), Potassium: 473.46mg (13.53%), Vitamin A: 664.57IU (13.29%), Vitamin B5: 1.19mg (11.9%), Vitamin B12: 0.39µg (6.55%), Vitamin C: 2.32mg (2.81%), Vitamin D: 0.34µg (2.26%), Vitamin E: 0.2mg (1.33%)