



Cowboy Chipotle Mango Quesadillas

READY IN



45 min.

SERVINGS



8

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 anaheim chiles fresh fire roasted seeds removed
- ☐ 4 pasilla chiles fresh fire roasted seeds removed
- ☐ 1 pound cotija cheese crumbled
- ☐ 16 flour tortillas store-bought
- ☐ 1 bunch cilantro leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 2 bunches green onions fresh chopped fine
- ☐ 4 green onions diced
- ☐ 1 juice of lime juiced

- ☐ 1 large mangos ripe peeled
- ☐ 0.5 pound parmesan shredded approximately 1 cup
- ☐ 1 pinch salt and pepper black freshly ground
- ☐ 1 pound sharp cheddar shredded approximately 2 cups
- ☐ 2 small dice drained recommended: Embasa brand
- ☐ 1 large dice
- ☐ 6 large dice

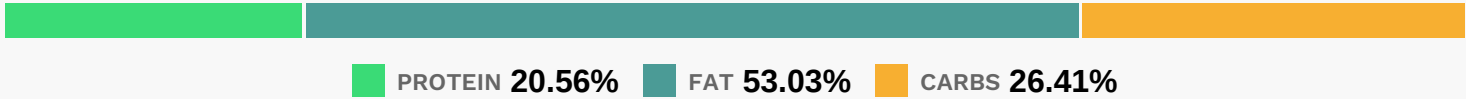
Equipment

- ☐ bowl
- ☐ grill
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill to medium.
- ☐ Arrange the peppers on the hot grill, turning them when the skin is charred and blistered, and all sides have been roasted.
- ☐ Remove the peppers to a bowl and set aside to cool. Scrape the flaking skins from the chiles and dice. Grill the green onions in the same way until lightly charred and wilted.
- ☐ Remove them from the grill to a cutting board and finely chop.
- ☐ Add the chiles, onion and the shredded cheeses to a medium bowl and mix well. Put 1 tortilla on top of well seasoned comal and spread it with some of the cheese mixture. Top with some Chipotle Pico de Gallo and cover with a second tortilla. After about 2 minutes carefully flip and toast the other side, about 2 to 3 minutes. The tortillas should be golden brown and the cheese should be thoroughly melted. Repeat with remaining tortillas and filling.
- ☐ Cut the quesadillas into quarters for single servings or into eighths for appetizers.
- ☐ Combine all the ingredients in a glass bowl and mix well. It is best to let this stand for at least 1 hour to allow the flavors to marry.
- ☐ Drain the salsa of excess liquid and refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:54.97, Glycemic Load:14.78, Inflammation Score:-9, Nutrition Score:36.658695531928%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 742.13kcal (37.11%), Fat: 44.1g (67.84%), Saturated Fat: 24.91g (155.68%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 43.19g (15.71%), Sugar: 12.58g (13.98%), Cholesterol: 126.44mg (42.15%), Sodium: 2017.96mg (87.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.47g (76.95%), Calcium: 1134.75mg (113.48%), Vitamin C: 69.77mg (84.57%), Phosphorus: 824.23mg (82.42%), Selenium: 44.78µg (63.97%), Vitamin B2: 1.06mg (62.4%), Vitamin A: 2868.2IU (57.36%), Vitamin K: 50.52µg (48.12%), Zinc: 5.19mg (34.61%), Folate: 134.38µg (33.6%), Vitamin B1: 0.5mg (33.4%), Vitamin B12: 1.9µg (31.66%), Vitamin B6: 0.62mg (31.07%), Manganese: 0.58mg (28.88%), Fiber: 6.21g (24.85%), Vitamin B3: 4.69mg (23.46%), Iron: 3.82mg (21.21%), Magnesium: 77.96mg (19.49%), Potassium: 669.55mg (19.13%), Copper: 0.26mg (13.15%), Vitamin B5: 1.26mg (12.56%), Vitamin E: 1.88mg (12.52%), Vitamin D: 0.71µg (4.72%)