



Crispy cheese & guacamole tortillas



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



490 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 50 g cheddar cheese grated
- ☐ 4 tortillas
- ☐ 1 avocado
- ☐ 16 cherry tomatoes halved quartered
- ☐ 1 to 5 chilies red deseeded finely chopped
- ☐ 1 handful cilantro leaves
- ☐ 1 lime cut into wedges

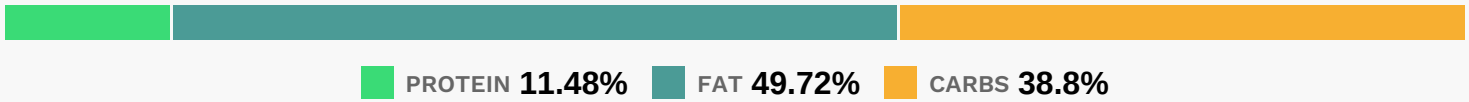
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Sprinkle the cheese over the tortillas, then sandwich them together in pairs, so you have 2 tortilla sandwiches. Sit on baking sheets and bake for 8–10 mins until golden, crispy and the cheese is melted.
- ☐ Halve the avocado and spoon out chunks onto the 2 tortillas; squash into the tortillas a bit with the back of the spoon. Scatter over tomatoes, chilli, coriander and seasoning. Squeeze over some lime and eat immediately.

Nutrition Facts



Properties

Glycemic Index:105, Glycemic Load:11.84, Inflammation Score:-9, Nutrition Score:28.035217285156%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 490.39kcal (24.52%), Fat: 28.39g (43.68%), Saturated Fat: 8.73g (54.56%), Carbohydrates: 49.85g (16.62%), Net Carbohydrates: 38.73g (14.08%), Sugar: 8.13g (9.04%), Cholesterol: 25mg (8.33%), Sodium: 630.71mg (27.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.49%), Vitamin C: 83.68mg (101.43%), Fiber: 11.12g (44.47%), Folate: 169.83µg (42.46%), Vitamin K: 39.38µg (37.51%), Phosphorus: 345.11mg (34.51%), Manganese: 0.64mg (31.88%), Selenium: 21.8µg (31.15%), Calcium: 306.92mg (30.69%), Vitamin B1: 0.45mg (30.2%), Vitamin A: 1428.18IU (28.56%), Potassium: 995.2mg (28.43%), Vitamin B2: 0.47mg (27.61%), Vitamin B3: 5.51mg (27.53%), Vitamin B6: 0.55mg (27.48%), Iron: 4.16mg (23.13%), Vitamin E: 3.31mg (22.06%), Copper: 0.42mg (20.94%), Vitamin B5: 1.9mg (19.02%), Magnesium: 69.04mg (17.26%), Zinc: 2.17mg (14.5%), Vitamin B12: 0.26µg

(4.42%)