



WHATSheATE



## Dinner Tonight: Quesadillas with Mushrooms



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 5 ounces pasilla de oaxaca shredded
- ☐ 1 poblano pepper sliced
- ☐ 2 servings salt
- ☐ 0.8 cup water

### Equipment

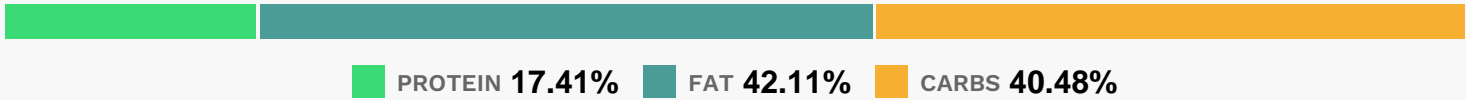
- ☐ bowl

- ☐ frying pan
- ☐ pot
- ☐ plastic wrap

## Directions

- ☐ Combine the warm water, a pinch of salt, and the masa harina until doughy. Set in a bowl, wrap with plastic, and set aside for 15 minutes.
- ☐ Meanwhile, pour the oil into a skillet and turn the heat to medium. Cook the mushrooms until they have released their liquid. Set aside.
- ☐ Divide the masa ball into 12 little balls. Tear off a piece of plastic wrap, about 2 feet long, and set a ball of dough on top, and fold over the wrap to cover. Flatten each ball with a tortilla press or the bottom of a large pot. It should be about 1/8 inch thick, just a little bit thicker than a normal tortilla.
- ☐ Set one strip of poblano in the center, sprinkle with a little cheese, and a small handful of mushrooms. Fold the masa in half, using the plastic wrap to . Repeat with the other balls.
- ☐ Set a large skillet over medium high heat. Set a few quesadillas on and cook for five minutes. Then flip, and cook for another five minutes.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:16.283478358518%

## Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

## Nutrients (% of daily need)

Calories: 472.97kcal (23.65%), Fat: 22.55g (34.69%), Saturated Fat: 15.52g (96.99%), Carbohydrates: 48.78g (16.26%), Net Carbohydrates: 44.12g (16.04%), Sugar: 1.43g (1.59%), Cholesterol: 25.51mg (8.5%), Sodium: 835.76mg (36.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.98g (41.96%), Vitamin B1: 0.87mg (58.31%),

Vitamin C: 47.84mg (57.99%), Folate: 125.08µg (31.27%), Vitamin B3: 5.95mg (29.73%), Vitamin B2: 0.48mg (27.97%), Iron: 4.47mg (24.85%), Vitamin B6: 0.4mg (20.2%), Fiber: 4.66g (18.64%), Manganese: 0.33mg (16.39%), Magnesium: 59.85mg (14.96%), Phosphorus: 133.88mg (13.39%), Calcium: 124.52mg (12.45%), Selenium: 7.98µg (11.4%), Copper: 0.16mg (7.81%), Zinc: 1.11mg (7.42%), Potassium: 254.07mg (7.26%), Vitamin A: 357.01IU (7.14%), Vitamin K: 4.4µg (4.19%), Vitamin B5: 0.17mg (1.68%), Vitamin E: 0.22mg (1.47%)