



## Eat for Eight Bucks: Roasted Tomato Quesadillas with Cilantro Cream

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



817 kcal

### Ingredients

- 1 dash ground pepper
- 1 pint cherry tomatoes
- 0.5 cup cilantro leaves
- 3 10-inch flour tortilla
- 2 servings kosher salt
- 2 tablespoons olive oil
- 0.3 cup cream sour
- 1 cup pkt spinach fresh

- 1 teaspoon sugar
- 4.5 ounces cheddar cheese white grated

## Equipment

- bowl
- frying pan
- oven
- baking pan
- grill pan

## Directions

- Adjust oven rack to middle position and preheat the oven to 350°F. In small bowl, combine sour cream, cilantro, and cayenne. Season to taste with salt.
- In large cast iron skillet or baking dish, toss tomatoes together with 1 teaspoon salt, sugar, and olive oil.
- Bake in oven until tomatoes have released a lot of liquid and their skins have begun to burst, 15 to 20 minutes. Turn heat up to 450°F and cook until skins are blistered, about 10 minutes.
- Remove from oven.
- Divide the shredded cheese between three tortillas, arranging it on one-half of each. Top each with 1/3 of the spinach and about 10 tomatoes (you may have a few leftover).
- Heat 12-inch cast iron skillet or grill pan over medium heat for 4–5 minutes. Fold tortillas in half and place 2 in skillet with cheese layer on the bottom. Cook until both sides are toasted and cheese is melted, flipping once halfway through cooking, 3 to 4 minutes.
- Cut each quesadilla into quarters and arrange 6 on each plate. Top with cilantro cream and serve.

## Nutrition Facts



**PROTEIN 13.05%** **FAT 54.51%** **CARBS 32.44%**

## Properties

Glycemic Index:113.55, Glycemic Load:18.29, Inflammation Score:-10, Nutrition Score:37.091304478438%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

## Nutrients (% of daily need)

Calories: 817.05kcal (40.85%), Fat: 50.01g (76.94%), Saturated Fat: 20.2g (126.22%), Carbohydrates: 66.96g (22.32%), Net Carbohydrates: 61.17g (22.24%), Sugar: 13.08g (14.53%), Cholesterol: 80.75mg (26.92%), Sodium: 1432.7mg (62.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.94g (53.88%), Vitamin K: 109.46µg (104.25%), Vitamin A: 3672.44IU (73.45%), Vitamin C: 59.53mg (72.16%), Calcium: 677.22mg (67.72%), Selenium: 43.92µg (62.74%), Phosphorus: 605.95mg (60.6%), Manganese: 0.93mg (46.49%), Folate: 176.21µg (44.05%), Vitamin B1: 0.65mg (43.47%), Vitamin B2: 0.71mg (41.97%), Iron: 6.1mg (33.92%), Vitamin B3: 6.12mg (30.58%), Vitamin E: 4.35mg (28.99%), Potassium: 837.83mg (23.94%), Fiber: 5.79g (23.15%), Zinc: 3.42mg (22.83%), Magnesium: 77.46mg (19.37%), Copper: 0.34mg (17.09%), Vitamin B6: 0.34mg (17.05%), Vitamin B12: 0.74µg (12.28%), Vitamin B5: 0.87mg (8.7%), Vitamin D: 0.38µg (2.55%)