



Escarole, Sausage, and Fontina Quesadillas

 Gluten Free

READY IN



26 min.

SERVINGS



2

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups endive chopped
- ☐ 1 ounce fontina grated
- ☐ 1 tablespoon garlic fresh minced
- ☐ 2 tablespoons olive oil divided
- ☐ 5 ounces pork sausage italian hot
- ☐ 4 6-inch tortillas whole-wheat ()

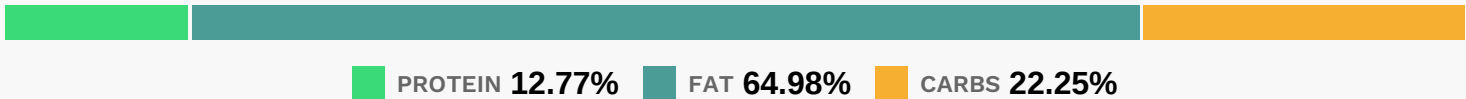
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add Italian sausage, and cook for 5 minutes or until browned, stirring to crumble.
- ☐ Drain the sausage, and return to pan.
- ☐ Add escarole, garlic, and black pepper; cook 2 minutes or until escarole wilts, stirring frequently.
- ☐ Brush remaining 1 tablespoon olive oil over a jelly-roll pan; arrange the tortillas in a single layer on pan.
- ☐ Sprinkle 1 tablespoon cheese evenly over each tortilla; top each with about 2/3 cup sausage mixture.
- ☐ Bake at 400 for 3 minutes or until cheese begins to melt.
- ☐ Remove from oven, and carefully fold each tortilla in half, pressing to close.
- ☐ Bake them an additional 10 minutes, turning after 5 minutes.

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:10.07, Inflammation Score:-9, Nutrition Score:27.095652178578%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 10.11mg, Kaempferol: 10.11mg, Kaempferol: 10.11mg, Kaempferol: 10.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 631.31kcal (31.57%), Fat: 45.64g (70.21%), Saturated Fat: 14.45g (90.3%), Carbohydrates: 35.15g (11.72%), Net Carbohydrates: 29.81g (10.84%), Sugar: 2.74g (3.04%), Cholesterol: 70.31mg (23.44%), Sodium: 1096.1mg (47.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.36%), Vitamin K: 244.59µg (232.95%), Vitamin B1: 0.8mg (53.04%), Folate: 205.08µg (51.27%), Selenium: 33.79µg (48.27%), Vitamin A: 2298.14IU (45.96%), Manganese: 0.86mg (42.91%), Phosphorus: 307.8mg (30.78%), Vitamin B3: 5.41mg (27.04%), Calcium: 238.81mg (23.88%), Vitamin B2: 0.4mg (23.35%), Iron: 4.05mg (22.49%), Fiber: 5.35g (21.39%), Zinc: 2.92mg (19.48%), Potassium: 596.89mg (17.05%), Vitamin E: 2.5mg (16.67%), Vitamin B6: 0.33mg (16.51%), Vitamin B12: 0.88µg (14.72%), Vitamin B5: 1.45mg (14.48%), Copper: 0.24mg (11.85%), Vitamin C: 9.17mg (11.11%), Magnesium: 41.53mg (10.38%)