



Fried Quesadillas with Two Fillings



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



40

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup pecorino (omit if using ricotta salata)
- ☐ 40 servings guacamole
- ☐ 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal ("masa mix")
- ☐ 0.5 lb mushrooms trimmed
- ☐ 1 cup pecorino fresh crumbled (Mexican cheese)
- ☐ 0.5 teaspoon salt
- ☐ 5 squash blossoms
- ☐ 2 tablespoons butter unsalted

- ☐ 3 cups vegetable oil
- ☐ 1.3 cups water
- ☐ 0.3 cup onion white minced
- ☐ 2 teaspoons frangelico dried crumbled chopped
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Equipment

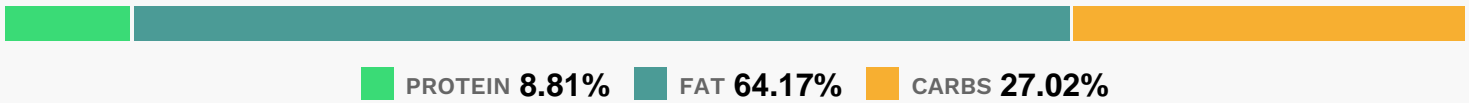
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ rolling pin
- ☐ slotted spoon

Directions

- ☐ Cook onion in butter in a medium nonstick skillet over moderately low heat, stirring, until softened.
- ☐ Pulse mushrooms in a food processor until coarsely chopped and add to onion along with epazote and salt.
- ☐ Cook over moderate heat, stirring, until mushrooms are softened and any liquid is evaporated, about 7 minutes.
- ☐ Remove from heat and cool filling completely.
- ☐ Stir together masa harina, salt, and warm water in a large bowl with a wooden spoon until it forms a dough. Knead dough in bowl with heel of your hand 1 to 2 minutes.
- ☐ Pinch off small pieces of dough and roll into about 40 (scant 1-inch) balls.
- ☐ Transfer balls as formed to a plastic-wrap-lined tray and cover with more plastic wrap.

- ☐ Cut 2 (5-inch) squares from a small plastic bag and use 1 to line lower half of tortilla press. Put a ball of dough in tortilla press and top with second square of plastic. Close tortilla press, pushing gently on lever to flatten dough to a 2 1/2- to 3-inch round. If press doesn't flatten evenly, rotate tortilla 180 degrees and gently flatten again. (Alternatively, use rolling pin to flatten dough between squares of plastic.)
- ☐ Remove top square of plastic and put 1 teaspoon mushroom filling, or about 1 teaspoon crumbled queso fresco with 1/2 teaspoon crema and a piece of squash blossom, in center of round.
- ☐ Fold round, still in plastic, over filling to form a half-moon and pinch edges together to seal. Gently peel off plastic, then transfer quesadilla to another plastic-wrap-lined tray and cover with a second sheet of plastic wrap. Repeat with remaining dough, making about 20 quesadillas of each filling.
- ☐ Heat 1 inch of oil in a deep 10-inch heavy skillet over moderately high heat until deep-fat thermometer registers 375°F, then deep-fry quesadillas in batches of 6 to 8, turning once or twice, until golden, about 4 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain and return oil to 375°F before adding next batch.
- ☐ Serve quesadillas immediately.
- ☐ ·Mushroom filling may be made 1 day ahead and chilled, covered.·Quesadillas may be formed, but not fried, 1 day ahead and chilled, covered. Bring to room temperature, and pat dry if necessary, before frying.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.3760869477106%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 71.5kcal (3.58%), Fat: 5.23g (8.05%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.45g (1.62%), Sugar: 0.18g (0.2%), Cholesterol: 5.46mg (1.82%), Sodium: 36.74mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin B1: 0.09mg (6.06%), Vitamin K: 6.36µg (6.06%), Vitamin B2: 0.09mg (5.05%), Vitamin B3: 0.8mg (4%), Folate: 14.98µg (3.74%), Selenium: 2.47µg (3.52%), Phosphorus: 30.42mg (3.04%), Iron: 0.5mg (2.75%), Calcium: 24.83mg (2.48%), Vitamin E: 0.31mg (2.09%), Fiber: 0.51g (2.02%), Vitamin B6: 0.04mg (2%), Magnesium: 7.21mg (1.8%), Copper: 0.03mg (1.68%), Manganese: 0.03mg (1.57%), Zinc: 0.23mg (1.54%), Vitamin A: 70.53IU (1.41%), Potassium: 48.08mg (1.37%), Vitamin B5: 0.13mg (1.28%)