



Grilled Green Chili Quesadillas

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 chile peppers fresh such as poblanos -- any variety may be used, according to your tolerance for heat
- ☐ 4 12-inch flour tortillas ()
- ☐ 1 cup in mexican food section store bought
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 cups cheddar smoked shredded () (recommended: Cabot brand,)
- ☐ 1 cup cup heavy whipping cream sour

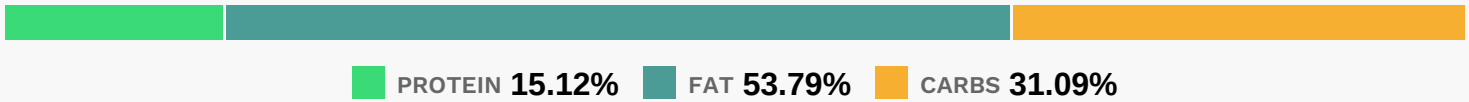
Equipment

- ☐ frying pan
- ☐ grill
- ☐ spatula
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Heat a grill pan over high heat.
- ☐ Place whole chiles on grill and char all over. about 10 minutes.
- ☐ Remove from heat and split chiles. Scrape away seeds with a spoon and slice.
- ☐ Heat a large nonstick skillet or griddle over medium high heat. Char the tortilla and blister it on 1 side, 20 seconds, then flip tortilla. Cover half of the tortilla with cheese and chilies, then fold over. Press down gently with spatula. Cook quesadilla 15 seconds more on each side, transfer to a cutting board. Repeat. Pile up 2 completed quesadillas at a time and cut into 3 generous wedges. The yield will be 12 pieces from 4 quesadillas.
- ☐ Serve slices on a large platter with small dishes of salsa verde and sour cream for topping.
- ☐ Garnish the platter and toppings with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:12.97, Inflammation Score:-7, Nutrition Score:19.539565345515%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 548.01kcal (27.4%), Fat: 32.82g (50.49%), Saturated Fat: 16.95g (105.93%), Carbohydrates: 42.68g (14.23%), Net Carbohydrates: 39.68g (14.43%), Sugar: 5.51g (6.12%), Cholesterol: 79.12mg (26.37%), Sodium: 942.84mg (40.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.76g (41.51%), Calcium: 552.37mg (55.24%), Selenium: 34.47µg (49.24%), Phosphorus: 454.2mg (45.42%), Vitamin C: 32.71mg (39.65%), Vitamin B2: 0.55mg (32.2%), Vitamin B1: 0.42mg (28.17%), Folate: 90.86µg (22.72%), Manganese: 0.43mg (21.4%), Vitamin A: 1028.14IU (20.56%), Vitamin B3: 3.71mg (18.53%), Zinc: 2.66mg (17.75%), Iron: 3.11mg (17.28%), Fiber: 3g (12%),

Vitamin B12: 0.68µg (11.32%), Vitamin B6: 0.21mg (10.68%), Vitamin K: 10.97µg (10.44%), Magnesium: 41.02mg (10.25%), Potassium: 259.57mg (7.42%), Copper: 0.13mg (6.7%), Vitamin B5: 0.53mg (5.33%), Vitamin E: 0.73mg (4.85%), Vitamin D: 0.34µg (2.26%)