



Grilled Pepper-and-Squash Quesadillas

READY IN



40 min.

SERVINGS



10

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 8-inch flour tortillas
- ☐ 2 ounces goat cheese
- ☐ 8 ounces monterrey jack cheese shredded
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion cut into 1/2-inch-thick slices
- ☐ 1 poblano pepper
- ☐ 10 servings salsa prepared
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons mexican seasoning blend salt-free

- ☐ 1 bell pepper red yellow
- ☐ 1 baby squash yellow halved lengthwise
- ☐ 1 zucchini halved lengthwise

Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ spatula

Directions

- ☐ Preheat grill to high heat (450 to 500).
- ☐ Cut peppers in half lengthwise; discard seeds and membranes. Grill 4 minutes on each side or until blackened.
- ☐ Place in a zip-top plastic bag; let stand 15 minutes. Peel away charred skins, and chop. Set aside.
- ☐ Combine oil and seasoning blend; brush onto both sides of vegetables, and sprinkle with salt. Reduce heat to medium-high (350 to 400), and grill vegetables 4 to 6 minutes on each side or until tender.
- ☐ Transfer to a large bowl; set aside until cool enough to handle.
- ☐ Cut vegetables into bite-size pieces. Stir in chopped peppers.
- ☐ Top each of 4 tortillas with one-fourth vegetable mixture; divide cheeses evenly over vegetables.
- ☐ Place remaining tortillas over cheese, pressing down gently.
- ☐ Grill quesadillas over medium heat (300 to 350) for 2 minutes. Quickly and carefully turn quesadillas, using a large, wide spatula. Grill, covered with grill lid, 2 more minutes or until cheese melts and tortillas are golden.
- ☐ Cut each quesadilla into 6 wedges, and serve immediately with salsa.

Nutrition Facts



 PROTEIN **16.11%**  FAT **46.26%**  CARBS **37.63%**

Properties

Glycemic Index:18.2, Glycemic Load:6.95, Inflammation Score:-7, Nutrition Score:13.795217472574%

Flavonoids

Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 275.8kcal (13.79%), Fat: 14.39g (22.14%), Saturated Fat: 6.8g (42.5%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 22.93g (8.34%), Sugar: 4.94g (5.49%), Cholesterol: 22.79mg (7.6%), Sodium: 786.8mg (34.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.55%), Vitamin C: 32.79mg (39.74%), Calcium: 271.21mg (27.12%), Phosphorus: 233.36mg (23.34%), Manganese: 0.4mg (20.06%), Selenium: 13µg (18.58%), Vitamin A: 898.5IU (17.97%), Vitamin B2: 0.3mg (17.77%), Vitamin B1: 0.26mg (17.35%), Folate: 65.11µg (16.28%), Vitamin K: 15.69µg (14.94%), Iron: 2.51mg (13.96%), Fiber: 3.41g (13.62%), Vitamin B6: 0.27mg (13.36%), Vitamin B3: 2.62mg (13.09%), Potassium: 324.54mg (9.27%), Vitamin E: 1.32mg (8.82%), Magnesium: 33.65mg (8.41%), Zinc: 1.22mg (8.11%), Copper: 0.15mg (7.57%), Vitamin B5: 0.36mg (3.55%), Vitamin B12: 0.2µg (3.32%), Vitamin D: 0.16µg (1.06%)