



Grilled Quesadillas with Nopales and Salsa Slaw

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 qt cabbage shredded
- ☐ 0.5 cup cilantro leaves
- ☐ 8 corn tortillas
- ☐ 1 cup jack cheese shredded
- ☐ 0.5 tsp kosher salt divided
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup nopales cubed cleaned

- ☐ 0.5 cup onion sliced
- ☐ 2 poblano chiles seeded sliced
- ☐ 1 cup salsa (any kind)
- ☐ 4 servings cup heavy whipping cream sour
- ☐ 1 tbsp vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ grill
- ☐ spatula
- ☐ tongs

Directions

- ☐ Prepare a charcoal or gas grill for high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). Meanwhile, heat 1 tbsp. oil in a large frying pan over medium-high heat. Cook onion, chiles, and nopales until softened and starting to brown, about 5 minutes. Season with salt and remove from heat.
- ☐ Lay 4 tortillas on a baking sheet.
- ☐ Sprinkle each with 1/4 cup cheese and 1/2 cup warm vegetable mixture. Top each with a second tortilla.
- ☐ Using a wad of oiled paper towels and tongs, oil cooking grate. Use a spatula to transfer quesadillas to grill; cook, turning once, until grill marks appear and cheese is melted, about 2 minutes.
- ☐ Remove from grill, cut each into quarters.
- ☐ In a small bowl, combine cabbage, salsa, lime juice, cilantro, and a pinch of salt.
- ☐ Serve quesadillas with slaw, and sour cream if you like.

Nutrition Facts



 **PROTEIN 15.27%**  **FAT 36.77%**  **CARBS 47.96%**

Properties

Glycemic Index:49.38, Glycemic Load:14.15, Inflammation Score:-9, Nutrition Score:28.317826141482%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 3.04mg, Luteolin: 3.04mg, Luteolin: 3.04mg, Luteolin: 3.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 375.28kcal (18.76%), Fat: 16.28g (25.05%), Saturated Fat: 7.5g (46.89%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 35.52g (12.92%), Sugar: 13.66g (15.18%), Cholesterol: 32.22mg (10.74%), Sodium: 964.39mg (41.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.43%), Vitamin K: 201.52µg (191.92%), Vitamin C: 140.92mg (170.81%), Fiber: 12.26g (49.02%), Calcium: 425.68mg (42.57%), Manganese: 0.83mg (41.63%), Phosphorus: 402.77mg (40.28%), Vitamin B6: 0.73mg (36.28%), Folate: 124.75µg (31.19%), Magnesium: 104.37mg (26.09%), Potassium: 907.95mg (25.94%), Vitamin A: 1292.54IU (25.85%), Vitamin B2: 0.31mg (18.49%), Vitamin B1: 0.27mg (18.04%), Zinc: 2.3mg (15.35%), Iron: 2.65mg (14.72%), Selenium: 9.28µg (13.26%), Vitamin E: 1.97mg (13.15%), Vitamin B3: 2.52mg (12.62%), Copper: 0.24mg (12.12%), Vitamin B5: 0.92mg (9.25%), Vitamin B12: 0.26µg (4.33%), Vitamin D: 0.17µg (1.13%)