



Grilled Salmon Quesadillas with Cucumber Salsa

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings garnish: cilantro sprigs fresh
- ☐ 8 6-inch flour tortillas ()
- ☐ 2 ounces goat cheese crumbled
- ☐ 2 jalapeño peppers fresh seeded thinly sliced
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 8 ounces salmon fillet ()
- ☐ 4 servings cucumber salsa

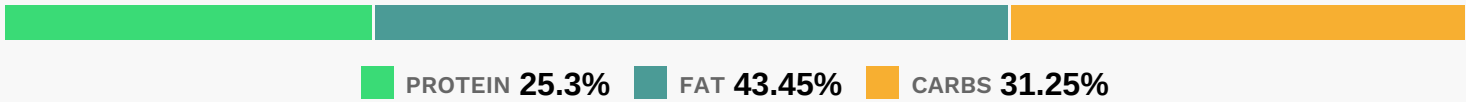
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Grill salmon, covered with grill lid, over medium-high heat (350 to 400
- ☐ minutes on each side, until fish flakes with fork. Cool; and flake.
- ☐ Spoon salmon evenly over 4 tortillas; top evenly with cheeses and pepper slices, cover with remaining tortillas.
- ☐ Cook tortillas in a large nonstick skillet over high heat 1 minute on each side or until tortillas are lightly browned and cheese melts.
- ☐ Cut each into 4 triangles, and top with Cucumber Salsa and fresh cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:9.5, Inflammation Score:-6, Nutrition Score:20.477826066639%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 418.61kcal (20.93%), Fat: 20.05g (30.85%), Saturated Fat: 9.8g (61.26%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 29.57g (10.75%), Sugar: 4g (4.45%), Cholesterol: 62.94mg (20.98%), Sodium: 898.98mg (39.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.53%), Selenium: 38.9µg (55.57%), Phosphorus: 411.27mg (41.13%), Vitamin B3: 7.64mg (38.22%), Vitamin B12: 2.07µg (34.42%), Calcium: 335.6mg (33.56%), Vitamin B2: 0.56mg (33.2%), Vitamin B6: 0.64mg (32.14%), Vitamin B1: 0.46mg (30.55%), Folate: 80.61µg (20.15%), Manganese: 0.37mg (18.31%), Iron: 3.26mg (18.1%), Copper: 0.34mg (17.06%), Potassium: 479.91mg (13.71%), Vitamin B5: 1.29mg (12.85%), Vitamin A: 622.92IU (12.46%), Zinc: 1.74mg (11.57%), Fiber: 2.87g (11.5%), Magnesium: 45.44mg (11.36%), Vitamin C: 8.94mg (10.83%), Vitamin K: 8.23µg (7.84%), Vitamin E: 0.74mg (4.95%), Vitamin D: 0.23µg (1.51%)