



## Hot Doggy Quesadillas

READY IN



25 min.

SERVINGS



3

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 teaspoon chili powder
- 6 8-inch flour tortilla ( ) (11 oz. package)
- 1 tablespoon chives fresh sliced chopped
- 0.5 teaspoon ground cumin
- 3 hot dogs thinly sliced
- 0.5 cup salsa
- 1.5 cups cheese shredded
- 0.3 cream sour
- 1 tablespoon vegetable oil

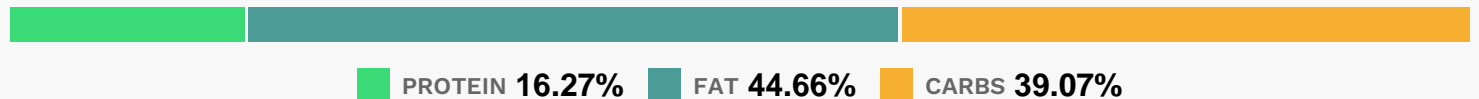
## Equipment

- frying pan
- knife
- spatula

## Directions

- Place 3 tortillas on a work surface. Divide cheese and hot dog slices evenly among tortillas.
- Sprinkle each portion with 1 tsp. chives, a large pinch chili powder and a pinch ground cumin. Top each with remaining tortillas.
- In a medium skillet, heat 1 tsp. oil over medium heat. Put 1 quesadilla in pan, then rest a small plate on quesadilla to weigh it down; cook for about 2 minutes, until golden underneath.
- Remove plate, flip quesadilla with a spatula, weigh down with plate and cook until cheese is melted and tortilla is crisp on other side, about 2 minutes. Keep warm. Repeat with remaining oil and quesadillas.
- Cut each quesadilla with a pizza wheel or a large, sharp knife into 4 equal wedges.
- Serve wedges with salsa and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:46.33, Glycemic Load:18.58, Inflammation Score:-7, Nutrition Score:22.736521938573%

## Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 647.09kcal (32.35%), Fat: 32.13g (49.44%), Saturated Fat: 13.42g (83.87%), Carbohydrates: 63.26g (21.09%), Net Carbohydrates: 58.68g (21.34%), Sugar: 6.08g (6.75%), Cholesterol: 64.56mg (21.52%), Sodium: 1702.73mg (74.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.67%), Selenium: 44.71µg (63.88%), Phosphorus: 470.6mg (47.06%), Calcium: 460.44mg (46.04%), Vitamin B1: 0.66mg (43.81%), Vitamin B2:

0.59mg (34.89%), Vitamin B3: 6.81mg (34.03%), Manganese: 0.63mg (31.74%), Folate: 124.81µg (31.2%), Iron: 5.52mg (30.65%), Vitamin B12: 1.51µg (25.18%), Zinc: 3.21mg (21.43%), Vitamin K: 21.47µg (20.44%), Fiber: 4.58g (18.34%), Vitamin A: 783.27IU (15.67%), Magnesium: 48.39mg (12.1%), Potassium: 366.37mg (10.47%), Vitamin B6: 0.19mg (9.65%), Copper: 0.19mg (9.25%), Vitamin E: 1.21mg (8.07%), Vitamin B5: 0.58mg (5.76%), Vitamin C: 1.48mg (1.79%), Vitamin D: 0.22µg (1.49%)