



Hot-Smoked Salmon Quesadillas

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup avocado diced peeled
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.7 cup no-salt-added whole-kernel corn drained
- ☐ 1.5 ounces cotija cheese grated
- ☐ 6 10-inch flour tortillas ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.8 cup grape tomatoes halved
- ☐ 1 jalapeno minced seeded
- ☐ 3 tablespoons juice of lime fresh divided

- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 3 ounces monterrey jack cheese shredded
- ☐ 0.8 cup onion red finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 4.5 ounce hot-smoked salmon flaked

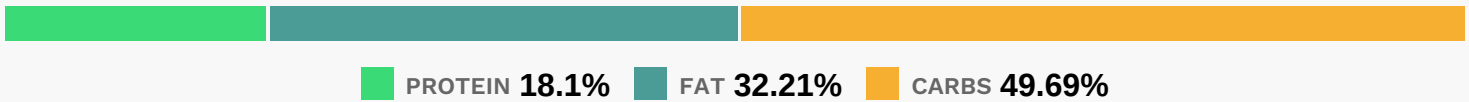
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine 2 tablespoons juice, onion, and next 5 ingredients (through salmon), stirring well.
- ☐ Combine cheeses. Divide half of cheese mixture evenly among 3 tortillas. Top each tortilla with about 1 1/3 cups bean mixture.
- ☐ Sprinkle evenly with remaining cheese. Top with remaining 3 tortillas.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Place 1 quesadilla in pan; cook 4 minutes on each side or until golden.
- ☐ Remove and keep warm. Wipe skillet clean with paper towels. Repeat procedure with remaining cooking spray and quesadillas.
- ☐ Cut each quesadilla in half; cut each half into 3 wedges.
- ☐ Combine remaining 1 tablespoon juice, tomatoes, avocado, sour cream, and salt; toss gently.
- ☐ Serve with quesadillas.
- ☐ Garnish with cilantro sprigs and lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:11.75, Inflammation Score:-7, Nutrition Score:21.074348035066%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 434.52kcal (21.73%), Fat: 15.69g (24.13%), Saturated Fat: 6.9g (43.15%), Carbohydrates: 54.44g (18.15%), Net Carbohydrates: 45.22g (16.44%), Sugar: 5.15g (5.72%), Cholesterol: 27.17mg (9.06%), Sodium: 1216.79mg (52.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.83g (39.67%), Selenium: 27.12µg (38.74%), Phosphorus: 376.37mg (37.64%), Fiber: 9.22g (36.88%), Folate: 140.59µg (35.15%), Vitamin B1: 0.51mg (33.84%), Manganese: 0.61mg (30.51%), Calcium: 293.86mg (29.39%), Vitamin B2: 0.48mg (27.99%), Vitamin B3: 5.21mg (26.04%), Vitamin D: 3.77µg (25.12%), Iron: 4.46mg (24.77%), Vitamin B12: 0.97µg (16.18%), Copper: 0.32mg (15.97%), Potassium: 555.26mg (15.86%), Vitamin C: 12.77mg (15.48%), Magnesium: 61.33mg (15.33%), Vitamin B6: 0.27mg (13.7%), Vitamin K: 12.31µg (11.72%), Zinc: 1.71mg (11.42%), Vitamin A: 447.57IU (8.95%), Vitamin B5: 0.83mg (8.28%), Vitamin E: 0.86mg (5.75%)