



Jack-o'-lantern Quesadillas

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 8-inch flour tortillas red ()
- ☐ 12 oz pepper jack cheese grated
- ☐ 8 teaspoons vegetable oil

Equipment

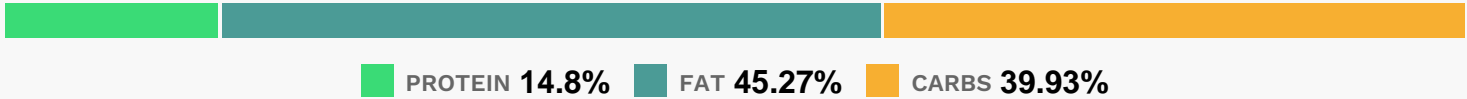
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

- ☐ aluminum foil
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Preheat broiler to high and place an oven rack about 5 inches from heat source. Line a baking sheet with foil and mist with nonstick cooking spray. Stack 8 tortillas on a cutting board and use a sharp paring knife to trim away some of top, leaving a 1-inch "stem" so tortillas are shaped like pumpkins. Repeat with remaining 8 tortillas. Use a knife to cut two triangles for eyes and a crescent for a mouth into 8 tortillas.
- ☐ Warm 1 teaspoon oil in a large skillet over medium heat.
- ☐ Add a tortilla without eyes and mouth, sprinkle with a scant 1/2 cup cheese. Cover with cutout tortilla. Cook until underside is golden, 1 to 2 minutes, slide onto baking sheet, and repeat to make three more quesadillas.
- ☐ Place baking sheet under broiler and broil until tops are golden. Slide onto a serving platter and loosely tent with foil to keep warm. Repeat with remaining tortillas and cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:16, Inflammation Score:-5, Nutrition Score:16.147391236347%

Nutrients (% of daily need)

Calories: 510.52kcal (25.53%), Fat: 25.53g (39.28%), Saturated Fat: 11.79g (73.67%), Carbohydrates: 50.68g (16.89%), Net Carbohydrates: 47.11g (17.13%), Sugar: 4g (4.44%), Cholesterol: 37.85mg (12.62%), Sodium: 1005.87mg (43.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.56%), Calcium: 466.15mg (46.62%), Selenium: 28.91µg (41.3%), Phosphorus: 398.93mg (39.89%), Vitamin B1: 0.52mg (34.63%), Vitamin B2: 0.45mg (26.68%), Folate: 103.53µg (25.88%), Manganese: 0.51mg (25.43%), Vitamin B3: 4.55mg (22.74%), Iron: 4.01mg (22.28%), Vitamin K: 16.68µg (15.89%), Fiber: 3.57g (14.28%), Zinc: 1.82mg (12.11%), Magnesium: 33.92mg (8.48%), Vitamin A: 327.01IU (6.54%), Copper: 0.12mg (5.98%), Vitamin B12: 0.35µg (5.88%), Vitamin B6: 0.09mg (4.69%), Potassium: 161.94mg (4.63%), Vitamin E: 0.48mg (3.19%), Vitamin B5: 0.26mg (2.57%), Vitamin D: 0.26µg (1.7%)