



## Jack Quesadillas with Cranberry Salsa

READY IN



45 min.

SERVINGS



8

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 anjou pear diced cored finely
- 8 8-inch flour tortilla ()
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup spring onion 2-inch-thick ()
- 2 tablespoons spring onion chopped
- 0.5 teaspoon ground cumin
- 1 jalapeno minced seeded
- 1 tablespoon juice of lime fresh
- 4 ounces monterrey jack cheese shredded with jalapeño peppers

- 0.5 cup cream fat-free sour
- 2 cups turkey cooked chopped
- 1 cup roasted cranberry sauce

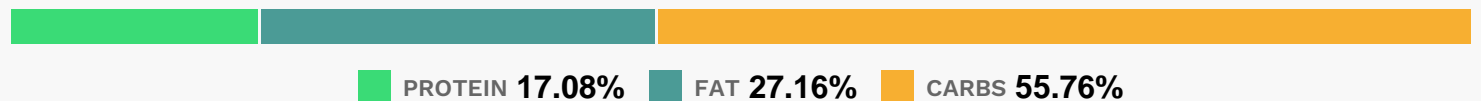
## Equipment

- frying pan

## Directions

- To prepare salsa, combine first 7 ingredients. Cover and chill.
- To prepare quesadillas, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add 1/4 cup sliced onions to pan; saut 3 minutes or until tender.
- Remove onions from pan; reduce heat to medium.
- Sprinkle 2 tablespoons cheese over each of 4 tortillas. Top each cheese-covered tortilla with one-fourth of onions, 1/2 cup turkey, 2 tablespoons cheese, and 1 tortilla.
- Recoat pan with cooking spray.
- Add 1 quesadilla to pan; cook 2 minutes on each side or until lightly browned and cheese melts. Repeat with remaining quesadillas.
- Cut each quesadilla into 6 wedges.
- Serve with cranberry salsa and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:28.84, Glycemic Load:9.07, Inflammation Score:-4, Nutrition Score:11.636521743691%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg,

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## Nutrients (% of daily need)

Calories: 325.98kcal (16.3%), Fat: 9.9g (15.23%), Saturated Fat: 4.57g (28.58%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 42.68g (15.52%), Sugar: 15.55g (17.28%), Cholesterol: 31.8mg (10.6%), Sodium: 511.75mg (22.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.01g (28.03%), Selenium: 19.69µg (28.13%), Phosphorus: 234.49mg (23.45%), Vitamin B3: 4.31mg (21.53%), Calcium: 209.26mg (20.93%), Vitamin B1: 0.29mg (19.27%), Vitamin B2: 0.29mg (16.84%), Vitamin K: 16.96µg (16.15%), Manganese: 0.3mg (15.19%), Folate: 59.66µg (14.92%), Iron: 2.52mg (13.98%), Fiber: 3.06g (12.25%), Vitamin B6: 0.22mg (10.83%), Zinc: 1.27mg (8.49%), Vitamin B12: 0.46µg (7.73%), Magnesium: 26.88mg (6.72%), Vitamin C: 4.96mg (6.01%), Potassium: 209.19mg (5.98%), Copper: 0.11mg (5.69%), Vitamin A: 281.08IU (5.62%), Vitamin E: 0.52mg (3.47%), Vitamin B5: 0.34mg (3.4%), Vitamin D: 0.16µg (1.06%)