



Jack Quesadillas with Pear Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds anjou pear peeled chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 8-inch flour tortillas fat-free ()
- ☐ 0.5 cup green onions chopped
- ☐ 1 jalapeno seeded chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon lime rind grated
- ☐ 2 tablespoons teaspoons mint dried fresh chopped

- ☐ 8 ounces monterrey jack cheese shredded
- ☐ 0.3 cup onion red chopped
- ☐ 1 teaspoon sugar

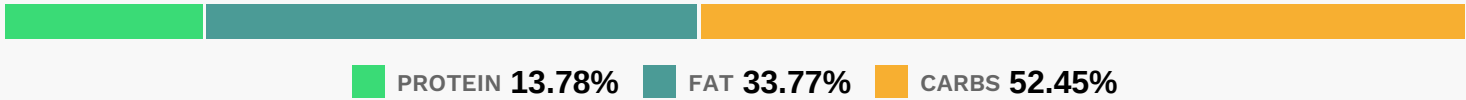
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ To prepare salsa, combine first 8 ingredients in a bowl; cover and chill.
- ☐ To prepare the quesadillas, place 1 tortilla in a medium nonstick skillet over medium heat, and top with 1/2 cup cheese.
- ☐ Sprinkle with 2 tablespoons onions; top with a tortilla. Cook 3 minutes, pressing down with a spatula until cheese melts. Turn carefully, and cook until thoroughly heated (about 1 minute). Repeat procedure with the remaining tortillas, cheese, and green onions.
- ☐ Cut each quesadilla into sixths; serve with pear salsa.

Nutrition Facts



Properties

Glycemic Index:53.81, Glycemic Load:18.25, Inflammation Score:-7, Nutrition Score:16.730434832366%

Flavonoids

Cyanidin: 3.11mg, Cyanidin: 3.11mg, Cyanidin: 3.11mg, Cyanidin: 3.11mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg

Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg
Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 0.17mg,
Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin:
4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 447.85kcal (22.39%), Fat: 17.16g (26.4%), Saturated Fat: 9.25g (57.84%), Carbohydrates: 59.97g (19.99%),
Net Carbohydrates: 52.25g (19%), Sugar: 18.89g (20.99%), Cholesterol: 33.64mg (11.21%), Sodium: 731.22mg
(31.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.76g (31.52%), Calcium: 409.02mg (40.9%),
Phosphorus: 334.68mg (33.47%), Fiber: 7.72g (30.89%), Selenium: 20.92µg (29.89%), Vitamin K: 30.52µg (29.07%),
Vitamin B1: 0.38mg (25.24%), Manganese: 0.48mg (24.08%), Vitamin B2: 0.4mg (23.24%), Folate: 91.47µg (22.87%),
Iron: 3.27mg (18.18%), Vitamin B3: 3.41mg (17.04%), Vitamin C: 13.81mg (16.74%), Zinc: 1.72mg (11.48%), Copper:
0.23mg (11.4%), Vitamin A: 511.6IU (10.23%), Magnesium: 40.73mg (10.18%), Potassium: 351.35mg (10.04%), Vitamin
B6: 0.14mg (7.22%), Vitamin B12: 0.31µg (5.23%), Vitamin B5: 0.31mg (3.06%), Vitamin E: 0.43mg (2.84%), Vitamin D:
0.23µg (1.51%)