



## Jalapeño Quesadillas

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 Tablespoons butter
- 4 servings cilantro leaves for serving
- 3 jalapeno whole very thin sliced
- 1.5 cup monterrey jack cheese grated
- 8 ounces mushrooms sliced
- 4 servings cream sour for serving
- 4 tortillas whole wheat whole (or Regular)

## Equipment

frying pan

## Directions

- Lightly brown both sides of the tortillas in butter, in a skillet over medium heat.
- Remove to a plate.
- Add butter to a separate skillet over medium heat, then add the sliced jalapenos. Stir and cook them for 8–10 minutes, or until deep golden brown.
- Remove from heat and set aside.
- Add one tortilla back to the skillet you browned it in, and top with half the cheese. Top with half the jalapeños, then another tortilla. Cook on both sides, until tortillas are golden and the cheese is melted.
- Cut into six wedges, then serve with sour cream and cilantro. Optional: Cook the mushrooms in butter over medium heat until deep golden brown, about 10–15 minutes. Build quesadillas with cheese, mushrooms, and cooked jalapenos. Divine!

## Nutrition Facts

 PROTEIN **13.7%**  FAT **65.18%**  CARBS **21.12%**

## Properties

Glycemic Index:43.25, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:11.630434886269%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 480.87kcal (24.04%), Fat: 35.49g (54.61%), Saturated Fat: 21.16g (132.24%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 21.95g (7.98%), Sugar: 4.23g (4.7%), Cholesterol: 89.94mg (29.98%), Sodium: 682.32mg (29.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.79g (33.58%), Calcium: 418.08mg (41.81%), Phosphorus: 253.84mg (25.38%), Vitamin B2: 0.43mg (25.18%), Vitamin A: 1045.35IU (20.91%), Selenium: 12.11µg (17.31%), Vitamin C: 13.78mg (16.7%), Fiber: 3.93g (15.71%), Vitamin B3: 2.24mg (11.21%), Zinc: 1.64mg (10.93%), Vitamin B5: 1.03mg (10.35%), Copper: 0.2mg (10.05%), Iron: 1.73mg (9.63%), Potassium: 261.23mg (7.46%), Vitamin B12: 0.44µg (7.25%), Vitamin B6: 0.14mg (7.11%), Vitamin E: 1.03mg (6.85%), Folate: 21.51µg (5.38%), Magnesium: 19.77mg (4.94%), Vitamin K: 4.96µg (4.73%), Vitamin B1: 0.06mg (4%), Vitamin D: 0.37µg (2.45%), Manganese: 0.04mg (2.16%)