



Kimchi and Avocado Quesadillas

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado thinly sliced
- ☐ 4 servings cilantro leaves
- ☐ 8 flour tortilla
- ☐ 2 cups monterrey jack cheese shredded
- ☐ 14 oz kimchi drained chopped
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 1 tablespoon sesame oil toasted
- ☐ 1 teaspoon sesame seed toasted

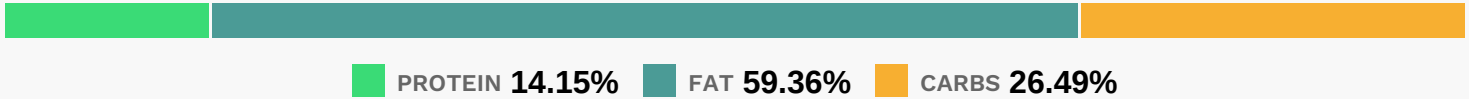
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Top 4 tortillas evenly with kimchi, then with cheese, avocados, and remaining tortillas.
- ☐ Mix oil, vinegar, and sesame seeds in a small bowl; set aside.
- ☐ Heat a 12-in. frying pan over medium-high heat. Toast each quesadilla until lightly browned and cheese has melted, 1 to 2 minutes per side. Slice each quesadilla into wedges, sprinkle with cilantro, and serve with sesame dipping sauce.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:10.23, Inflammation Score:-8, Nutrition Score:26.775652273842%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 605.3kcal (30.26%), Fat: 40.93g (62.97%), Saturated Fat: 15.28g (95.52%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 30.62g (11.13%), Sugar: 4.23g (4.7%), Cholesterol: 50.28mg (16.76%), Sodium: 1282.03mg (55.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.95g (43.91%), Vitamin K: 70.88µg (67.51%), Calcium: 559.32mg (55.93%), Folate: 200.12µg (50.03%), Phosphorus: 454.05mg (45.4%), Vitamin B2: 0.73mg (42.94%), Fiber: 10.48g (41.93%), Selenium: 22.68µg (32.41%), Iron: 5.7mg (31.64%), Vitamin B3: 5.57mg (27.84%), Vitamin B6: 0.55mg (27.69%), Vitamin B1: 0.39mg (26.1%), Manganese: 0.46mg (23.12%), Potassium: 761.04mg (21.74%), Zinc: 2.91mg (19.43%), Magnesium: 73.35mg (18.34%), Vitamin B5: 1.61mg (16.14%), Vitamin E: 2.39mg (15.93%), Copper: 0.32mg (15.82%), Vitamin A: 680.29IU (13.61%), Vitamin C: 10.08mg (12.21%), Vitamin B12: 0.47µg (7.82%), Vitamin D: 0.34µg (2.26%)