

Kimchi Quesadillas

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 strips bacon cut into 1 in pieces)
- ☐ 2 handfuls cheese grated (, I used a combination of cheddar and jack)
- ☐ 0.3 cup kimchi drained chopped (and)
- ☐ 2 tortillas

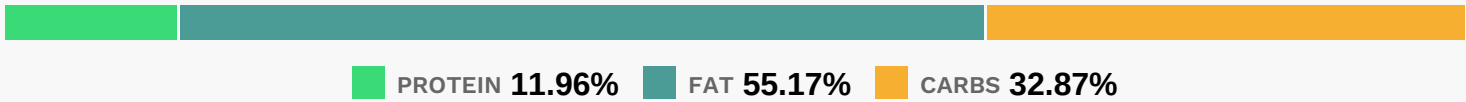
Equipment

- ☐ frying pan

Directions

- ☐ Cook the bacon and set aside retaining the grease.
- ☐ Saute the kimchi in the bacon grease until it starts to caramelize, about 10 minutes.
- ☐ Melt a touch of butter in a pan.
- ☐ Place a tortilla into the pan and swirl around in the butter and set aside.
- ☐ Place the second tortilla into the pan and swirl around in the butter.
- ☐ Sprinkle on half of the cheese onto the tortilla followed by the kimchi and bacon followed by the remaining cheese.
- ☐ Place a plate onto the quesadilla and flipped it from the pan to the plate and then slide it back into the pan to flip the quesadilla. Note: For a vegetarian version, omit the bacon and fry the kimchi in a teaspoon of sesame oil.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:9.38, Inflammation Score:-3, Nutrition Score:11.046521782875%

Nutrients (% of daily need)

Calories: 379.55kcal (18.98%), Fat: 23.08g (35.51%), Saturated Fat: 8.01g (50.03%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 28.38g (10.32%), Sugar: 2.54g (2.82%), Cholesterol: 31.04mg (10.35%), Sodium: 889.14mg (38.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.51%), Selenium: 22.93µg (32.76%), Vitamin B1: 0.43mg (28.45%), Vitamin B3: 4.74mg (23.69%), Phosphorus: 203.02mg (20.3%), Folate: 71.77µg (17.94%), Iron: 3.08mg (17.11%), Vitamin B2: 0.27mg (16.12%), Vitamin K: 16.9µg (16.1%), Manganese: 0.3mg (15.07%), Calcium: 113.43mg (11.34%), Vitamin B6: 0.22mg (10.75%), Fiber: 2.56g (10.24%), Zinc: 0.97mg (6.49%), Potassium: 207.07mg (5.92%), Magnesium: 23.05mg (5.76%), Copper: 0.09mg (4.42%), Vitamin B12: 0.24µg (4.02%), Vitamin B5: 0.35mg (3.51%), Vitamin E: 0.24mg (1.57%), Vitamin A: 63.06IU (1.26%), Vitamin D: 0.19µg (1.25%)