



## Leftover Pork Quesadillas

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup savory vegetable (with fennel and carrots), coarsely chopped
- 1 tablespoon jalapeño peppers chopped
- 4 large flour tortilla
- 2 pork chops (with fennel and carrots) cooked
- 1 cup monterrey jack cheese grated

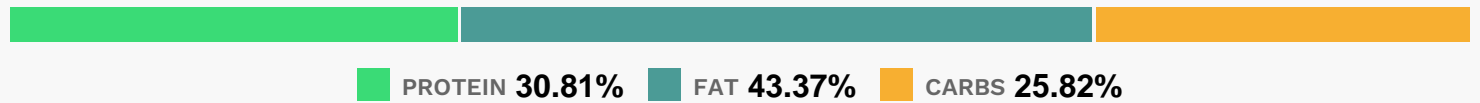
### Equipment

- bowl
- frying pan

## Directions

- In a medium bowl, combine roasted vegetables and jalapenos.
- Spread mixture on half of each of 4 tortillas. Thinly slice pork chops, discarding bones. Top vegetable mixture with pork and cheese; fold tortillas over filling.
- Heat a large heavy skillet over medium-high. In two batches, cook quesadillas until cheese is melted, 2 minutes per side.
- Cut into wedges and serve.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:6.67, Inflammation Score:-9, Nutrition Score:18.038260791613%

## Nutrients (% of daily need)

Calories: 330.82kcal (16.54%), Fat: 15.87g (24.41%), Saturated Fat: 7.96g (49.75%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 18.32g (6.66%), Sugar: 1.31g (1.45%), Cholesterol: 70.03mg (23.34%), Sodium: 485.62mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.72%), Vitamin A: 2572.91IU (51.46%), Selenium: 33.16µg (47.36%), Vitamin B1: 0.66mg (43.91%), Phosphorus: 365.95mg (36.59%), Vitamin B3: 7.28mg (36.42%), Vitamin B6: 0.57mg (28.74%), Calcium: 271.18mg (27.12%), Vitamin B2: 0.36mg (21.08%), Zinc: 2.26mg (15.05%), Manganese: 0.27mg (13.49%), Potassium: 411.58mg (11.76%), Fiber: 2.93g (11.74%), Folate: 46.83µg (11.71%), Iron: 2.11mg (11.7%), Magnesium: 42.94mg (10.74%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.68mg (6.8%), Copper: 0.12mg (6.19%), Vitamin C: 4.98mg (6.04%), Vitamin K: 3.19µg (3.04%), Vitamin D: 0.44µg (2.92%), Vitamin E: 0.18mg (1.19%)