



WHATSheATE



Lobster Quesadilla with Tropical Fruit Salsa

READY IN



98 min.

SERVINGS



6

CALORIES



1149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 4 ounces ghee
- ☐ 12 6-inch flour tortillas
- ☐ 1 cup green onion sliced for garnish
- ☐ 1.5 cups bell pepper diced green
- ☐ 1 teaspoon ground cumin
- ☐ 4 ounces jalapeños chopped to taste
- ☐ 6 servings kosher salt
- ☐ 12 ounces live maine lobsters fresh cooked roughly chopped

- ☐ 3 cups monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 6 pineapple tops for garnish
- ☐ 1 cup onion diced red
- ☐ 1.5 cups pepper diced red for garnish
- ☐ 8 tablespoons cup heavy whipping cream sour for garnish

Equipment

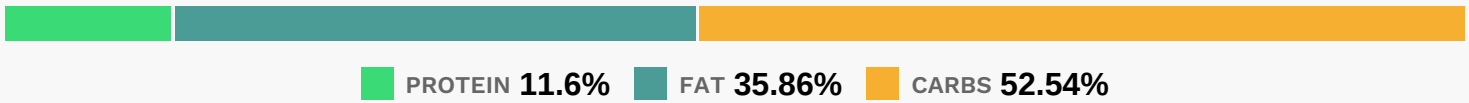
- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ In a large skillet, heat the oil over medium-high heat.
- ☐ Add 1 1/2 cups red peppers, the green peppers, onion, cumin, and cayenne pepper. Cook until the vegetables are tender, but still firm, about 7 to 8 minutes.
- ☐ Remove from the heat and cool.
- ☐ In a medium bowl, mix the lobster meat, cheese, jalapenos, salt, and cooled pepper mixture. Divide the mixture into 6 portions. Sandwich each portion between 2 tortillas, spreading the lobster mixture evenly.
- ☐ Heat a grill or large skillet over medium heat and film the bottom with some of the butter.
- ☐ Place as many quesadillas as will fit without touching, and cook each side until the tortillas are golden brown and the cheese has melted, about 5 minutes. Repeat with remaining butter and quesadillas.
- ☐ Cut quesadillas into wedges.
- ☐ Place the quesadillas on plates and garnish with remaining red pepper, the green onion, sour cream, and a pineapple top.
- ☐ Serve immediately with Tropical Fruit Salsa.
- ☐ cup diced mango
- ☐ cup diced papaya

- ☐ cup diced pineapple
- ☐ tablespoons chopped cilantro leaves
- ☐ /4 cup diced red onion
- ☐ /4 cup diced red pepper
- ☐ /4 cup honey
- ☐ tablespoons lime juice
- ☐ In a medium bowl, combine all ingredients and mix well. Refrigerate for 45 minutes to 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:48.28, Glycemic Load:73.2, Inflammation Score:-10, Nutrition Score:53.633044025172%

Flavonoids

Luteolin: 2.33mg, Luteolin: 2.33mg, Luteolin: 2.33mg, Luteolin: 2.33mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.33mg, Quercetin: 10.33mg, Quercetin: 10.33mg, Quercetin: 10.33mg

Nutrients (% of daily need)

Calories: 1148.5kcal (57.43%), Fat: 48.06g (73.93%), Saturated Fat: 26.45g (165.31%), Carbohydrates: 158.43g (52.81%), Net Carbohydrates: 140.77g (51.19%), Sugar: 96.97g (107.74%), Cholesterol: 180.12mg (60.04%), Sodium: 1236.15mg (53.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.99g (69.98%), Vitamin C: 537.97mg (652.09%), Manganese: 8.91mg (445.27%), Copper: 1.91mg (95.55%), Selenium: 59.5µg (85%), Vitamin B1: 1.11mg (74.16%), Vitamin B6: 1.48mg (73.79%), Calcium: 720.63mg (72.06%), Fiber: 17.66g (70.64%), Folate: 277.92µg (69.48%), Phosphorus: 588.16mg (58.82%), Vitamin A: 2774.8IU (55.5%), Vitamin K: 56.48µg (53.79%), Vitamin B2: 0.79mg (46.57%), Vitamin B3: 9.07mg (45.36%), Magnesium: 178.58mg (44.65%), Potassium: 1523.9mg (43.54%), Zinc: 5.45mg (36.33%), Iron: 6.25mg (34.71%), Vitamin B5: 3.28mg (32.8%), Vitamin B12: 1.21µg (20.19%), Vitamin E: 2.75mg (18.36%), Vitamin D: 0.34µg (2.26%)