



Lobster-Toasted Garlic Quesadillas with Brie Cheese



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



651 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ancho chiles
- ☐ 3 tablespoons canola oil plus more for brushing chiles
- ☐ 4 servings canola oil
- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 2 tablespoons tarragon leaves fresh chopped
- ☐ 3 cloves garlic coarsely chopped
- ☐ 2 green onions

- ☐ 2 hass avocados pitted ripe peeled coarsely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons pinenuts
- ☐ 2 bell peppers red
- ☐ 0.5 onion red minced
- ☐ 3 tablespoons red wine vinegar
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 serrano chile minced seeded
- ☐ 2 serrano chiles
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 3 tomatoes diced yellow cored ripe

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Preheat grill to high.
- ☐ Brush the cut side of the lobster with oil and season with salt and pepper.
- ☐ Place the lobster on the grill, shell side down, and grill until lightly golden brown and just cooked through.
- ☐ Remove the meat from the lobster and coarsely chop.
- ☐ Heat a tablespoon of oil in a small saute pan on the grates of the grill.
- ☐ Add the garlic and cook until lightly toasted.

- ☐ Place 4 tortillas on a work surface and divide the half of the cheese, lobster, and garlic among the tortillas. Season with salt and pepper, to taste.
- ☐ Place another tortilla on top and then divide the remaining cheese, lobster, and garlic over top.
- ☐ Place the remaining tortillas on top to make 2-layer quesadillas.
- ☐ Brush tops of the tortillas with oil and then place the quesadillas on the grill, oiled side down. Grill until golden brown, about 2 to 3 minutes. Carefully flip the quesadillas over, close the cover of the grill, and grill until the cheese has melted, about 2 to 3 minutes longer.
- ☐ Remove from the grill, cut each quesadilla into quarters, and serve with the various toppings.
- ☐ Combine all ingredients in a medium bowl. Season with salt and pepper, to taste.
- ☐ Place ancho chiles in a medium bowl, cover with boiling water, and let sit at room temperature for 1 hour.
- ☐ Remove from soaking liquid, coarsely chop, and place in a blender with the garlic, 1/4 to 1/2 cup of the soaking liquid, 2 to 3 tablespoons canola oil, and the pine nuts; blend until smooth.
- ☐ Pour the mixture into a medium bowl.
- ☐ Preheat grill to high.
- ☐ Brush peppers with oil and season with salt and pepper.
- ☐ Place on the grill and grill until charred on all sides.
- ☐ Remove, place in a bowl, cover with plastic wrap, and let steam 15 minutes.
- ☐ Remove skin and cut into julienne strips.
- ☐ Transfer the peppers to the bowl with the ancho puree and add the vinegar. Chop the cilantro, add it to the salsa, and season with salt and pepper, to taste.
- ☐ Preheat grill to high.
- ☐ Brush serranos and green onions with oil and season with salt and pepper. Grill until charred on all sides.
- ☐ Remove from the grill and finely chop.
- ☐ Place avocado in a medium bowl.
- ☐ Add the grilled serranos, green onions, lime juice, and 3 tablespoons oil and stir gently until combined. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:3.12, Inflammation Score:-10, Nutrition Score:33.381738880406%

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 Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 650.84kcal (32.54%), Fat: 59.42g (91.42%), Saturated Fat: 6.43g (40.2%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 17.06g (6.2%), Sugar: 11.79g (13.1%), Cholesterol: 0mg (0%), Sodium: 420.56mg (18.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.69%), Vitamin A: 6924.52IU (138.49%), Vitamin C: 103.2mg (125.09%), Vitamin K: 86.66µg (82.53%), Vitamin E: 10.61mg (70.74%), Manganese: 1.38mg (69.17%), Fiber: 14.22g (56.88%), Vitamin B6: 0.74mg (37.1%), Folate: 139.32µg (34.83%), Potassium: 1181.7mg (33.76%), Vitamin B2: 0.47mg (27.87%), Vitamin B3: 4.66mg (23.28%), Magnesium: 89.22mg (22.3%), Iron: 3.82mg (21.25%), Copper: 0.4mg (19.75%), Vitamin B5: 1.84mg (18.4%), Phosphorus: 165.71mg (16.57%), Vitamin B1: 0.17mg (11.37%), Zinc: 1.7mg (11.33%), Calcium: 81.56mg (8.16%), Selenium: 1.74µg (2.49%)