



Lobster-Toasted Garlic Quesadillas with Brie Cheese 2

READY IN



95 min.

SERVINGS



48

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados
- ☐ 1.8 pounds round of président brie thinly sliced
- ☐ 48 servings sixteen flour tortillas
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 10 cloves garlic peeled thinly sliced
- ☐ 48 servings kosher salt and pepper black freshly ground
- ☐ 4 pounds live maine lobsters cooked chopped
- ☐ 1 cup crema mexicana

- ☐ 0.3 cup olive oil
- ☐ 48 servings olive oil
- ☐ 0.5 onion red minced
- ☐ 48 servings salt and pepper black freshly ground
- ☐ 1 serrano chile minced seeded
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 3 tomatoes diced yellow cored ripe

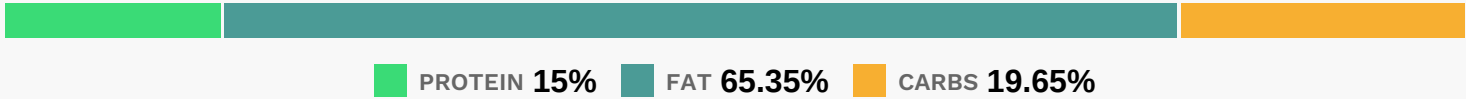
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat a grill over high heat.
- ☐ Heat a tablespoon of oil in a small saute pan over medium heat.
- ☐ Add the garlic and cook until lightly toasted.
- ☐ Place 8 of the tortillas on a work surface and divide the cheese, lobster and garlic among the tortillas. Season with salt and pepper.
- ☐ Place the remaining tortillas on top of the filling.
- ☐ Brush the tops of the tortillas with oil, and then place the quesadillas on the grill, oiled-side down. Grill until golden brown, 2 to 3 minutes. Carefully flip the quesadillas over and grill until the cheese has melted, 2 to 3 minutes longer.
- ☐ Remove from the grill and cut each quesadilla into sixths. Top each wedge with a spoonful of Yellow Tomato-Tarragon Relish, a drizzle of Avocado Crema and serve.
- ☐ Combine the tomatoes, chile, onions, oil, vinegar and tarragon in a medium bowl. Season with salt and pepper.
- ☐ Halve and pit the avocados. Scoop the flesh into the bowl of a food processor.
- ☐ Add the crema and puree until smooth. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:4.96, Inflammation Score:-3, Nutrition Score:11.665652210298%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 335.03kcal (16.75%), Fat: 24.42g (37.57%), Saturated Fat: 6.1g (38.11%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 14.8g (5.38%), Sugar: 1.46g (1.62%), Cholesterol: 67.15mg (22.38%), Sodium: 506.4mg (22.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.22%), Selenium: 33.28µg (47.54%), Copper: 0.57mg (28.37%), Vitamin E: 2.72mg (18.16%), Phosphorus: 160.79mg (16.08%), Vitamin K: 13.76µg (13.11%), Zinc: 1.96mg (13.1%), Folate: 50.63µg (12.66%), Manganese: 0.25mg (12.42%), Vitamin B12: 0.75µg (12.42%), Calcium: 120.7mg (12.07%), Vitamin B1: 0.18mg (11.9%), Vitamin B2: 0.19mg (11.3%), Vitamin B3: 2.17mg (10.86%), Iron: 1.53mg (8.52%), Vitamin B5: 0.84mg (8.36%), Magnesium: 28.41mg (7.1%), Fiber: 1.72g (6.88%), Vitamin B6: 0.13mg (6.74%), Potassium: 195.68mg (5.59%), Vitamin A: 148.36IU (2.97%), Vitamin C: 1.33mg (1.61%)