



Meatloaf Quesadillas with Cilantro Cream

READY IN



30 min.

SERVINGS



4

CALORIES



1256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon apple cider vinegar
- 0.3 cup breadcrumbs
- 14.5 ounce black beans drained and rinsed canned
- 0.3 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 1 large eggs
- 8 8-inch flour tortillas
- 0.5 cup cilantro leaves fresh plus more for garnish
- 0.3 cup parsley fresh chopped

- 2 cloves garlic finely minced grated
- 2 teaspoons hot sauce green
- 1 teaspoon ground cumin
- 0.5 juice of lime
- 0.5 cup catsup
- 4 servings kosher salt and pepper black freshly ground
- 4 servings kosher salt and pepper freshly ground
- 1 tablespoons brown sugar light packed
- 1.5 pounds meat marinade mix (ground beef, pork and/or veal)
- 0.3 cup milk
- 1 small onion finely minced
- 1 scallion chopped
- 2 cups cheddar cheese shredded
- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons butter unsalted
- 1 tablespoon vegetable oil
- 3 tablespoons worcestershire sauce

Equipment

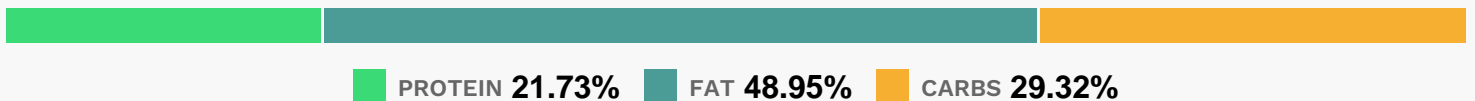
- bowl
- frying pan
- whisk
- blender

Directions

- Make the cilantro cream: Puree the sour cream, cilantro, lime juice and hot sauce in a blender until smooth.
- Mix the meatloaf, beans, scallion, cumin, cayenne, and salt and black pepper to taste in a bowl.

- Melt 1/2 tablespoon butter in a large nonstick skillet over medium-high heat.
- Place a tortilla in the pan, sprinkle with 1/4 cup cheese, then top with one-quarter of the meat mixture and another 1/4 cup cheese. Top with another tortilla and cook until golden, about 2 minutes per side. Repeat with the remaining butter, tortillas and filling.
- Cut the quesadillas into wedges and serve with the cilantro cream.
- Mix the breadcrumbs, milk, parsley, egg, Worcestershire sauce, onion, chili powder and garlic in a large bowl.
- Add the meat, season with salt and pepper and mix with your hands until combined. Shape into six 3-to-4-inch oval loaves.
- Heat the vegetable oil in a large nonstick skillet over high heat.
- Add the loaves and brown about 3 minutes per side.
- Whisk the ketchup, sugar and vinegar in a bowl and brush a few tablespoonfuls over the meat.
- Add 1/2 cup water to the skillet, cover and simmer over low heat until cooked through, about 15 minutes.
- Transfer the loaves to a plate.
- Add the remaining ketchup mixture to the skillet and cook over high heat, stirring, until thick, 3 to 5 minutes.
- Serve 4 meatloaves with the hot glaze, reserving 2 for quesadillas.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:90.25, Glycemic Load:17.3, Inflammation Score:-9, Nutrition Score:38.620869346287%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin:

5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 1255.8kcal (62.79%), Fat: 70.47g (108.42%), Saturated Fat: 30.35g (189.7%), Carbohydrates: 94.98g (31.66%), Net Carbohydrates: 82.89g (30.14%), Sugar: 18.16g (20.18%), Cholesterol: 256.52mg (85.51%), Sodium: 2434.82mg (105.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.41g (140.82%), Vitamin K: 112.99µg (107.61%), Calcium: 709.31mg (70.93%), Phosphorus: 697.02mg (69.7%), Selenium: 48.5µg (69.29%), Iron: 11.5mg (63.91%), Vitamin B1: 0.82mg (54.66%), Vitamin B2: 0.93mg (54.44%), Folate: 206.59µg (51.65%), Manganese: 0.99mg (49.6%), Fiber: 12.09g (48.36%), Vitamin A: 1987.53IU (39.75%), Vitamin B3: 6.59mg (32.96%), Zinc: 3.9mg (26.01%), Potassium: 891.37mg (25.47%), Magnesium: 99.59mg (24.9%), Copper: 0.45mg (22.59%), Vitamin C: 18.2mg (22.06%), Vitamin B6: 0.33mg (16.52%), Vitamin B12: 0.92µg (15.4%), Vitamin E: 1.94mg (12.9%), Vitamin B5: 1.11mg (11.06%), Vitamin D: 0.92µg (6.12%)