



WHATSheATE



Monte Cristo Quesadillas



Gluten Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 tablespoon butter



2 handfuls cheese grated (, I used cheddar)



1 eggs



0.3 cup ham shredded warmed cooked sliced (or ,)



1 serving jam) for dipping (i used apricot



0.3 cup milk



1 tablespoon mustard



1 serving powdered sugar

- ☐ 2 8-inch tortillas ()
- ☐ 0.5 teaspoon vanilla extract

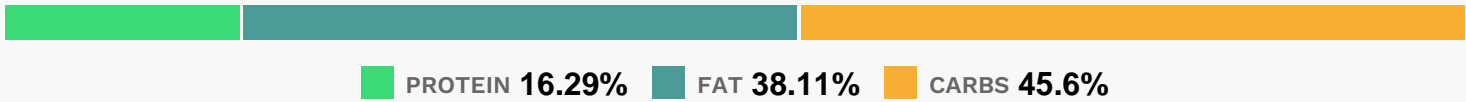
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the egg, milk and vanilla in a large shallow bowl.
- ☐ Melt the butter in a pan.
- ☐ Dip one side of a tortilla in the egg mixture and then place it in the pan.
- ☐ Spread the mustard out over the top of the tortilla and cover with one handful of cheese, the ham and the remaining cheese.
- ☐ Spread the jam on one side of the remaining tortilla, dip the other side into the egg mixture and place it on top of everything in the pan with the egg mixture facing up.
- ☐ Let cook until the bottom is golden brown, about 3–4 minutes and flip. (Tip: I slid the quesadilla onto a plate and then flipped the pan, placed it on top of the plate, flipped the pan upright again and removed the plate.)
- ☐ Let cook until golden brown, about 2–4 minutes.
- ☐ Slide the tortilla out of the pan, cut it into triangles and serve topped with powdered sugar and a side of jam for dipping. (Note: You could also drench the quesadilla in maple syrup!)

Nutrition Facts



Properties

Glycemic Index:222.67, Glycemic Load:17.1, Inflammation Score:-6, Nutrition Score:21.809999797655%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 558.59kcal (27.93%), Fat: 23.31g (35.86%), Saturated Fat: 9.99g (62.44%), Carbohydrates: 62.75g (20.92%), Net Carbohydrates: 58.51g (21.28%), Sugar: 15.27g (16.97%), Cholesterol: 208.67mg (69.56%), Sodium: 1386.11mg (60.27%), Alcohol: 0.69g (100%), Alcohol %: 0.32% (100%), Protein: 22.41g (44.82%), Selenium: 48.79µg (69.7%), Vitamin B1: 0.74mg (49.62%), Phosphorus: 468.73mg (46.87%), Vitamin B2: 0.67mg (39.12%), Manganese: 0.6mg (30.02%), Folate: 119.18µg (29.79%), Vitamin B3: 5.71mg (28.56%), Calcium: 275.98mg (27.6%), Iron: 4.97mg (27.59%), Vitamin B12: 1.15µg (19.21%), Fiber: 4.24g (16.94%), Zinc: 2.17mg (14.46%), Vitamin B5: 1.38mg (13.8%), Vitamin B6: 0.26mg (12.88%), Magnesium: 49.19mg (12.3%), Vitamin A: 561.3IU (11.23%), Potassium: 390.53mg (11.16%), Vitamin D: 1.56µg (10.42%), Copper: 0.19mg (9.26%), Vitamin C: 6.74mg (8.17%), Vitamin K: 8.45µg (8.05%), Vitamin E: 0.73mg (4.88%)