



Mushroom Quesadilla (Quesadilla de Champiñones)

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 small flour tortillas
- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 2 tablespoon thyme leaves fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups monterrey jack cheese grated
- ☐ 4 slices mozzarella cheese
- ☐ 0.3 cup olive oil

- ☐ 0.5 cup onion finely chopped
- ☐ 6 oz portabello mushrooms chopped
- ☐ 4 slices provolone cheese
- ☐ 4 servings salt and pepper

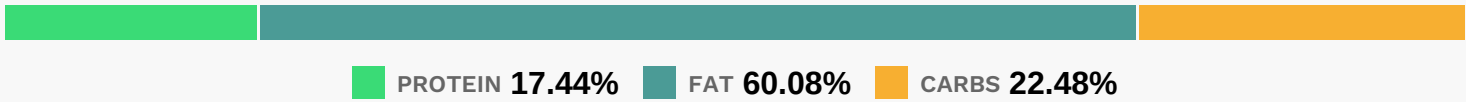
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ In a medium sauce pan heat the olive oil over medium-high heat.
- ☐ Add the onions and garlic. Cook about 5 minutes or until the onions are translucent.
- ☐ Add the mushrooms, thyme, salt and pepper and cook for about 7 minutes more. On a work surface, spread 4 of the tortillas.
- ☐ Sprinkle the Monterey jack cheese over the bottom of each tortilla. Spoon evenly the mushroom mixture on top of the cheese, then top with provolone and mozzarella cheese. Top with another tortilla.
- ☐ Heat a large nonstick skillet with cooking spray over medium heat. Carefully place 1 quesadilla in pan and cook 2 minutes. Using a spatula, gently flip the quesadilla and cook an additional 2 minutes until lightly browned and cheese is melted. Repeat with second quesadilla.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:10.46, Inflammation Score:-10, Nutrition Score:24.081739456757%

Flavonoids

Apigenin: 6.57mg, Apigenin: 6.57mg, Apigenin: 6.57mg, Apigenin: 6.57mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 636.89kcal (31.84%), Fat: 42.78g (65.81%), Saturated Fat: 18.74g (117.12%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 32.4g (11.78%), Sugar: 4.79g (5.32%), Cholesterol: 73.21mg (24.4%), Sodium: 1212.57mg (52.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.94g (55.89%), Calcium: 717.6mg (71.76%), Vitamin K: 63.88µg (60.84%), Phosphorus: 565.76mg (56.58%), Selenium: 35.32µg (50.46%), Vitamin B2: 0.56mg (32.79%), Vitamin B1: 0.36mg (24.12%), Vitamin B3: 4.8mg (23.99%), Manganese: 0.46mg (22.86%), Zinc: 3.4mg (22.69%), Folate: 89.8µg (22.45%), Vitamin A: 1104.14IU (22.08%), Vitamin B12: 1.3µg (21.61%), Iron: 3.78mg (21%), Vitamin E: 2.19mg (14.59%), Fiber: 3.61g (14.45%), Vitamin C: 11.54mg (13.99%), Copper: 0.24mg (12.1%), Magnesium: 45.11mg (11.28%), Potassium: 385.19mg (11.01%), Vitamin B6: 0.21mg (10.68%), Vitamin B5: 0.86mg (8.62%), Vitamin D: 0.59µg (3.93%)