



Mushroom Quesadillas



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 clove garlic chopped ()
- ☐ 2 handfuls cheese such as mozzarella grated ()
- ☐ 4 ounces mushrooms cleaned sliced (and)
- ☐ 1 tablespoon oil
- ☐ 0.5 small onion sliced ()
- ☐ 1 tablespoon parsley chopped (, optional)
- ☐ 0.5 teaspoon thyme leaves chopped ()
- ☐ 2 tortillas

☐ 2 tablespoons white wine (or broth)

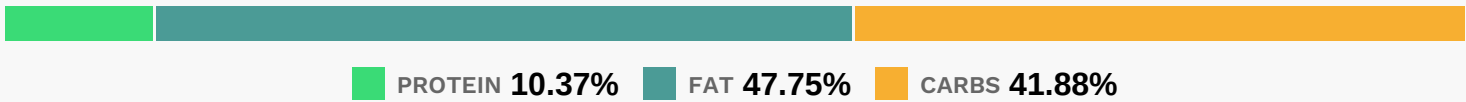
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onion and mushrooms and saute until caramelized, about 20–30 minutes.
- ☐ Add the garlic and thyme and saute until fragrant, about a minute.
- ☐ Add the broth, deglaze the pan and saute until the liquid has been absorbed.
- ☐ Remove from heat and mix in the parsley.
- ☐ Melt a touch of butter in a pan.
- ☐ Place a tortilla into the pan, swirl it around in the butter and repeat with the second tortilla.
- ☐ Sprinkle a handful of cheese on the tortilla followed by the mushrooms and onions and top with the remaining cheese and finally the other tortilla.
- ☐ Place a plate onto the quesadilla and flipped it from the pan to the plate and then slide it back into the pan to flip the quesadilla.

Nutrition Facts



Properties

Glycemic Index:242, Glycemic Load:11.4, Inflammation Score:-9, Nutrition Score:20.183478474617%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 383.83kcal (19.19%), Fat: 19.73g (30.35%), Saturated Fat: 3.13g (19.56%), Carbohydrates: 38.92g (12.97%), Net Carbohydrates: 34.76g (12.64%), Sugar: 6.33g (7.03%), Cholesterol: 1.58mg (0.53%), Sodium: 465.55mg (20.24%), Alcohol: 3.09g (100%), Alcohol %: 1.49% (100%), Protein: 9.64g (19.28%), Vitamin K: 80.26µg (76.44%), Vitamin B2: 0.66mg (38.62%), Selenium: 24.9µg (35.57%), Vitamin B3: 6.91mg (34.56%), Vitamin B1: 0.42mg (28.12%), Manganese: 0.5mg (25.21%), Phosphorus: 251.72mg (25.17%), Copper: 0.46mg (22.93%), Folate: 89.39µg (22.35%), Vitamin B5: 1.89mg (18.93%), Iron: 3.38mg (18.79%), Vitamin E: 2.5mg (16.7%), Fiber: 4.16g (16.66%), Potassium: 549.81mg (15.71%), Vitamin C: 12.83mg (15.55%), Vitamin B6: 0.26mg (12.77%), Calcium: 126.85mg (12.69%), Magnesium: 34.66mg (8.66%), Vitamin A: 398.96IU (7.98%), Zinc: 1.16mg (7.72%), Vitamin D: 0.23µg (1.57%), Vitamin B12: 0.09µg (1.52%)