



## Open-Face Chile-Cheese Quesadillas

 Vegetarian

READY IN



30 min.

SERVINGS



5

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 11 oz flour tortilla for burritos (8 count)
- 1 serving olive oil
- 8 oz monterrey jack cheese shredded
- 0.5 cup roasted peppers red drained finely chopped (from 7-oz jar)
- 0.5 cup olives pitted ripe drained chopped
- 1 chipotles in adobo chopped (from 7-oz can)
- 1 teaspoon chipotle sauce canned (from can of chipotle chiles)
- 0.3 cup cilantro leaves fresh finely chopped

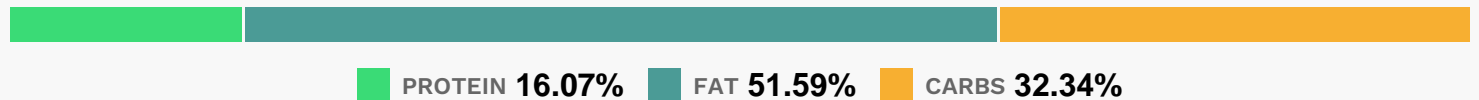
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 400°F.
- Place tortillas on 2 large cookie sheets.
- Brush tortillas lightly with oil; prick tortillas several times with fork.
- Bake 6 minutes or until lightly browned and puffed. Cool.
- Meanwhile, in medium bowl, mix remaining ingredients.
- Sprinkle cheese mixture evenly over tortillas.
- Bake 6 to 8 minutes or until cheese is melted.
- Cut each tortilla into 6 wedges; serve warm.

## Nutrition Facts



## Properties

Glycemic Index:18.6, Glycemic Load:9.82, Inflammation Score:-6, Nutrition Score:13.391739088556%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 412.31kcal (20.62%), Fat: 23.68g (36.43%), Saturated Fat: 11.17g (69.79%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 30g (10.91%), Sugar: 3.23g (3.59%), Cholesterol: 40.37mg (13.46%), Sodium: 1134.75mg (49.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.19%), Calcium: 442.76mg (44.28%), Phosphorus: 333.6mg (33.36%), Selenium: 20.66µg (29.51%), Vitamin B1: 0.33mg (21.83%), Vitamin B2: 0.36mg (21.13%), Folate: 69.93µg (17.48%), Manganese: 0.34mg (16.95%), Iron: 2.87mg (15.95%), Vitamin B3: 2.92mg (14.58%), Fiber: 3.4g (13.6%), Zinc: 1.73mg (11.51%), Vitamin A: 528.8IU (10.58%), Vitamin K: 9.98µg (9.5%), Vitamin C:

6.73mg (8.15%), Magnesium: 29.2mg (7.3%), Vitamin E: 1.06mg (7.04%), Vitamin B12: 0.38µg (6.27%), Copper: 0.12mg (5.78%), Vitamin B6: 0.1mg (5.15%), Potassium: 145.01mg (4.14%), Vitamin B5: 0.21mg (2.11%), Vitamin D: 0.27µg (1.81%)