



Open-Faced Chile-Cheese Quesadillas



Vegetarian



Gluten Free

READY IN



21 min.

SERVINGS



7

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chiles in adobo sauce
- ☐ 1 to 2 chipotle chiles in adobo sauce chopped
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 8 oz monterrey jack cheese shredded with peppers or monterey jack cheese
- ☐ 7 servings olive oil
- ☐ 0.5 cup olives pitted ripe drained chopped
- ☐ 0.5 cup bottled roasted bell peppers red drained finely chopped

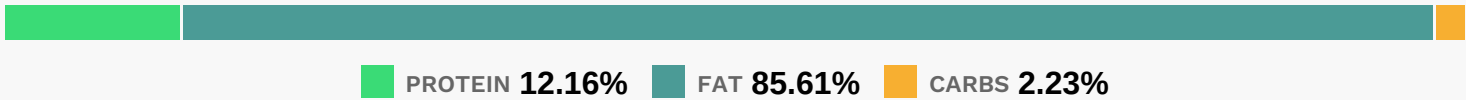
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Brush tortillas lightly with olive oil; prick each tortilla several times with a fork.
- ☐ Place tortillas on 2 large baking sheets.
- ☐ Bake at 400 for 6 minutes or until lightly browned and puffed.
- ☐ Let tortillas cool before topping.
- ☐ Combine cheese and next 5 ingredients.
- ☐ Sprinkle cheese mixture evenly over tortillas.
- ☐ Bake at 400 for 6 to 8 minutes or until cheese melts.
- ☐ Cut each tortilla into 6 wedges; arrange wedges on a serving platter.

Nutrition Facts



Properties

Glycemic Index:8.43, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:5.5199999757435%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 263.89kcal (13.19%), Fat: 25.47g (39.19%), Saturated Fat: 8.34g (52.13%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 0.81g (0.3%), Sugar: 0.38g (0.42%), Cholesterol: 28.84mg (9.61%), Sodium: 604.8mg (26.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.29%), Calcium: 252.22mg (25.22%), Vitamin E: 2.5mg (16.67%), Phosphorus: 146.79mg (14.68%), Vitamin K: 11.2µg (10.67%), Vitamin B2: 0.13mg (7.72%), Vitamin A: 379.28IU (7.59%), Selenium: 4.84µg (6.92%), Zinc: 1mg (6.66%), Vitamin C: 4.85mg (5.87%), Vitamin B12: 0.27µg (4.48%), Iron: 0.52mg (2.91%), Magnesium: 11.22mg (2.81%), Fiber: 0.68g (2.71%), Vitamin B6: 0.05mg (2.36%), Folate: 8.14µg (2.03%), Copper: 0.04mg (1.82%), Potassium: 49.35mg (1.41%), Vitamin D: 0.19µg (1.3%), Manganese: 0.02mg (1.1%)