



Orange Scented Squash Blossom Quesadillas



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoon canola oil
- ☐ 1 leaves cilantro as garnish
- ☐ 1 clove garlic & minced peeled
- ☐ 0.5 pound monterey jack cheese or grated thinly sliced
- ☐ 1 teaspoon orange zest
- ☐ 2 teaspoon oregano leaves fresh minced
- ☐ 4 servings sea salt salt as needed
- ☐ 4 servings tomatillo salsa served along side green

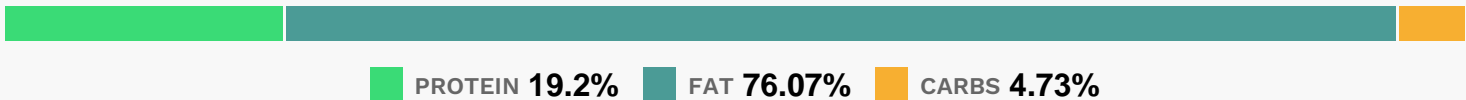
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Tear the squash blossoms into 2 or 3 pieces each.
- ☐ Heat the oil in a large skillet set over medium-low heat.
- ☐ Add the onion, garlic and oregano, saute until the onion is soft, but not yet colored, about 10 minutes.
- ☐ Add the squash blossoms along with a pinch of salt. Cook about 1 minute more, just until the blossoms begin to wilt.
- ☐ Remove from heat and stir in the orange zest.
- ☐ Heat a second large skillet or grill pan over medium-high heat.
- ☐ Lay the tortillas out in front of you. Top each of 4 tortillas with ¼ of the cheese and ¼ of the squash blossom mixture.
- ☐ Lay 1 of each of the remaining tortillas on top of the squash blossom lined tortillas. Carefully move them to the hot skillet and cook them one at a time (or more at once if using a griddle) until well-browned on the bottom. Flip the quesadilla over and continue to cook until the cheese is melted and the other side is brown. Repeat if necessary with the remaining quesadillas.
- ☐ Serve the quesadillas hot with the avocado, salsa and cilantro on the side to garnish as desired.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:8.0399999877681%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 292.72kcal (14.64%), Fat: 24.73g (38.04%), Saturated Fat: 11.36g (71.01%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.33g (2.59%), Cholesterol: 50.46mg (16.82%), Sodium: 764.57mg (33.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.08%), Calcium: 441.39mg (44.14%), Phosphorus: 254.6mg (25.46%), Vitamin A: 672.06IU (13.44%), Vitamin B2: 0.23mg (13.42%), Vitamin K: 13.41µg (12.77%), Selenium: 8.38µg (11.97%), Zinc: 1.74mg (11.6%), Vitamin E: 1.56mg (10.42%), Vitamin B12: 0.47µg (7.84%), Magnesium: 18.38mg (4.59%), Iron: 0.8mg (4.44%), Potassium: 128.9mg (3.68%), Manganese: 0.07mg (3.51%), Vitamin B6: 0.07mg (3.29%), Folate: 12.9µg (3.23%), Vitamin C: 2.22mg (2.69%), Vitamin D: 0.34µg (2.27%), Fiber: 0.5g (2%), Copper: 0.03mg (1.39%), Vitamin B5: 0.14mg (1.37%)