



Oven-toasted Sonoran Quesadilla

 Vegetarian

READY IN



20 min.

SERVINGS



1

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 Tbsp butter
- ☐ 0.5 cup cheddar cheese grated
- ☐ 1 strips several of chiles green cooked
- ☐ 1 13-inch flour tortilla (diameter)

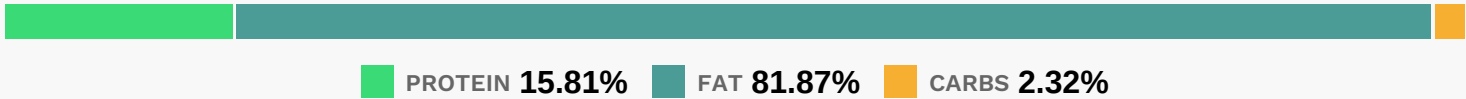
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Using the convection setting of your oven¹
- ☐ Place the tortilla on a large, dark cookie sheet.
- ☐ Spread butter all over the top of the tortilla, making sure to get the butter all the way out to the edges. (The butter is very important! Don't omit.)²
- ☐ Place in the cold oven and cook for 7–10 minutes at 375°F on convection heat, or until the tortilla begins to visibly brown. If you open the oven door you should be able to smell the tortilla beginning to toast. The tortilla is ready for some cheese.³
- ☐ Remove from the oven, sprinkle cheese over the tortilla (add strips of chiles if you want) and return to oven for an additional 2 minutes.
- ☐ Serve immediately.If you are starting with a preheated oven, you will cook it initially for probably only 2 or 3 minutes on convection – watch it carefully, and pull it out when it begins to brown.We recommend the convection oven approach if you have that option as the cooking time (and heating up the oven and your kitchen time) is much shorter.Using a regular oven setting
- ☐ If you don't have a convection oven, then preheat your oven to 350°F. Cook the buttered tortilla initially for approximately 6 minutes (again, check carefully, the tortilla should be getting toasted but not burnt.)
- ☐ Remove from the oven, add the cheese and return to the oven for an additional 2 minutes.Note that every oven is different. This is the method that worked for our oven. You will probably need to watch quite carefully the first couple of times you make these, to gauge the time and temperature settings needed for your oven.

Nutrition Facts



Properties

Glycemic Index:156, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:7.7460870243933%

Nutrients (% of daily need)

Calories: 335.79kcal (16.79%), Fat: 30.81g (47.4%), Saturated Fat: 18.18g (113.6%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.29g (0.32%), Cholesterol: 87.03mg (29.01%), Sodium: 468.27mg (20.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.77%), Calcium: 404.46mg (40.45%), Phosphorus:

264.67mg (26.47%), Selenium: 16.36µg (23.37%), Vitamin A: 930.51IU (18.61%), Vitamin B2: 0.26mg (15.16%), Zinc: 2.09mg (13.96%), Vitamin B12: 0.62µg (10.38%), Vitamin E: 0.76mg (5.07%), Magnesium: 15.99mg (4%), Folate: 13.46µg (3.37%), Vitamin B5: 0.25mg (2.53%), Vitamin K: 2.56µg (2.44%), Vitamin D: 0.34µg (2.26%), Vitamin B6: 0.05mg (2.25%), Vitamin C: 1.44mg (1.74%), Vitamin B1: 0.02mg (1.52%), Potassium: 51.38mg (1.47%), Copper: 0.02mg (1.05%)