



WHATSheATE



HEALTH SCORE

64%

Peach, Chicken and Gorgonzola Balsamic Quesadillas with Arugula Pesto



Gluten Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



1440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup arugula packed



1 teaspoon balsamic reduction



1 cup basil packed



1 clove garlic



2 tablespoons gorgonzola dolce crumbled



1 serving juice of lemon to taste



3 tablespoons olive oil

- ☐ 0.3 cup parmigiano reggiano grated
- ☐ 1 peaches sliced
- ☐ 1 tablespoon arugula pesto (see below)
- ☐ 1 serving salt and pepper to taste
- ☐ 0.3 cup meat from a rotisserie chicken shredded cooked
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 4 servings tortillas (6-)
- ☐ 2 tablespoons walnuts toasted

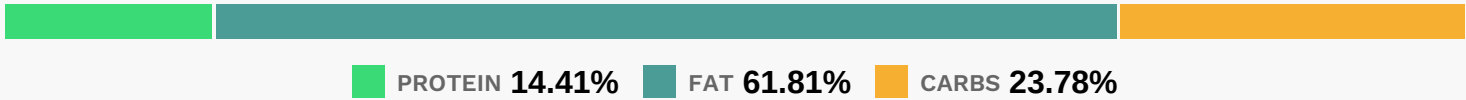
Equipment

- ☐ frying pan

Directions

- ☐ Heat a pan over medium heat, place a tortilla in the pan, sprinkle half of the cheese over the tortilla, followed by the peach, chicken, balsamic reduction, pesto, the remaining cheese and tortilla.Cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:307.25, Glycemic Load:25.51, Inflammation Score:-10, Nutrition Score:47.996521483297%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin:

0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.32mg, Kaempferol: 7.32mg, Kaempferol: 7.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 1440.14kcal (72.01%), Fat: 100.25g (154.23%), Saturated Fat: 28.89g (180.55%), Carbohydrates: 86.77g (28.92%), Net Carbohydrates: 77.93g (28.34%), Sugar: 20.83g (23.15%), Cholesterol: 109.69mg (36.56%), Sodium: 2344.87mg (101.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.58g (105.16%), Vitamin K: 162.8µg (155.05%), Calcium: 1037.14mg (103.71%), Phosphorus: 926.33mg (92.63%), Manganese: 1.79mg (89.48%), Selenium: 59.28µg (84.68%), Vitamin A: 3338.97IU (66.78%), Vitamin B1: 0.79mg (52.72%), Vitamin E: 7.82mg (52.12%), Vitamin B3: 10.22mg (51.1%), Vitamin B2: 0.86mg (50.34%), Folate: 197.71µg (49.43%), Iron: 7.85mg (43.61%), Zinc: 5.53mg (36.86%), Copper: 0.72mg (36.21%), Fiber: 8.84g (35.37%), Vitamin B12: 2.02µg (33.67%), Magnesium: 132.4mg (33.1%), Vitamin B6: 0.55mg (27.25%), Vitamin C: 20.47mg (24.81%), Potassium: 811.13mg (23.18%), Vitamin B5: 1.73mg (17.32%), Vitamin D: 0.49µg (3.26%)