



Pear Quesadilla (Quesadilla de Pera)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



881 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings arugula
- ☐ 2 servings balsamic vinegar
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons butter
- ☐ 1 cup gorgonzola cheese crumbled
- ☐ 2 pears ripe peeled sliced
- ☐ 0.8 cup pecans toasted chopped
- ☐ 4 small tortillas

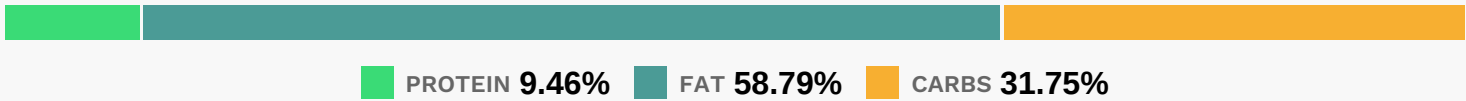
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Toss the pears with the brown sugar in a small bowl.
- ☐ Heat the butter in a medium skillet over medium-high heat.
- ☐ Add the pears in a single layer and cook until golden brown, about 2 minutes on each side.
- ☐ Transfer to a plate and let it cool.To make the quesadilla: On a work surface, spread 2 of the tortillas.
- ☐ Sprinkle the gorgonzola cheese over the bottom of each tortilla.
- ☐ Add the pears evenly on top of the cheese, then top with pecans. Top with another tortilla.
- ☐ Heat a large nonstick skillet with cooking spray over medium heat. Carefully place 1 quesadilla in pan and cook 2 minutes. Using a spatula, gently flip the quesadilla and cook an additional 2 minutes until lightly browned and cheese is melted. Repeat with second quesadilla.
- ☐ Serve warm over arugula drizzled with balsamic vinegar.I want to thank Gina from Simply Life for A giant bear hug award.

Nutrition Facts



Properties

Glycemic Index:119.88, Glycemic Load:19.23, Inflammation Score:-8, Nutrition Score:26.940869616426%

Flavonoids

Cyanidin: 7.65mg, Cyanidin: 7.65mg, Cyanidin: 7.65mg, Cyanidin: 7.65mg Delphinidin: 2.7mg, Delphinidin: 2.7mg, Delphinidin: 2.7mg, Delphinidin: 2.7mg Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg Epigallocatechin: 3.14mg, Epigallocatechin: 3.14mg, Epigallocatechin: 3.14mg, Epigallocatechin: 3.14mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 1.16mg,

Epigallocatechin 3–gallate: 1.16mg, Epigallocatechin 3–gallate: 1.16mg, Epigallocatechin 3–gallate: 1.16mg
Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 3.49mg,
Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin:
2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 880.8kcal (44.04%), Fat: 59.41g (91.4%), Saturated Fat: 21.86g (136.6%), Carbohydrates: 72.16g (24.05%),
Net Carbohydrates: 60.82g (22.12%), Sugar: 29.76g (33.07%), Cholesterol: 72.47mg (24.16%), Sodium: 1191.21mg
(51.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.04%), Manganese: 2.11mg (105.72%),
Phosphorus: 478.29mg (47.83%), Calcium: 456.59mg (45.66%), Fiber: 11.34g (45.37%), Vitamin B1: 0.59mg
(39.31%), Copper: 0.69mg (34.55%), Selenium: 23.4µg (33.43%), Vitamin B2: 0.49mg (29%), Folate: 107.55µg
(26.89%), Vitamin K: 26.69µg (25.42%), Zinc: 3.75mg (25.03%), Magnesium: 91.02mg (22.75%), Iron: 3.92mg
(21.77%), Vitamin A: 1083.55IU (21.67%), Vitamin B3: 3.99mg (19.96%), Potassium: 644.49mg (18.41%), Vitamin B5:
1.55mg (15.5%), Vitamin B6: 0.27mg (13.45%), Vitamin B12: 0.71µg (11.89%), Vitamin C: 9.56mg (11.59%), Vitamin E:
1.24mg (8.28%), Vitamin D: 0.28µg (1.88%)