



Pineapple Dak Bulgogi Quesadillas (Korean Spicy Pineapple BBQ Chicken Quesadillas)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 handfuls jack and cheddar cheese grated ()
- ☐ 2 tablespoons onion and cilantro relish
- ☐ 0.3 cup pineapple dak bulgogi (Korean BBQ chicken)
- ☐ 2 tablespoons salsa roja korean style
- ☐ 1 teaspoon sesame seed toasted ()
- ☐ 2 8-inch tortillas ()

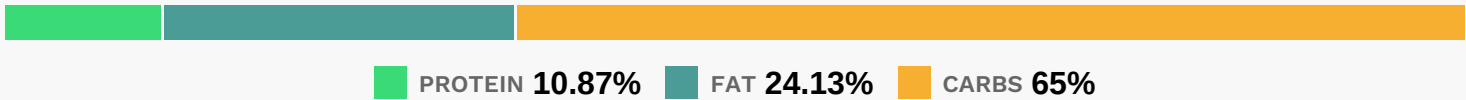
Equipment

☐ frying pan

Directions

- ☐ Melt a touch of butter in a pan.
- ☐ Place a tortilla into the pan and swirl around in the butter and set aside.
- ☐ Place the second tortilla into the pan and swirl around in the butter.
- ☐ Sprinkle on half of the cheese onto the tortilla followed by the pineapple dak bulgogi and onion and cilantro relish followed by the remaining cheese and top it all off with the second tortilla.
- ☐ Cook until the quesadilla is golden brown on both sides and the cheese is melted.
- ☐ Serve garnished with the salsa roja and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:181.67, Glycemic Load:19.26, Inflammation Score:-6, Nutrition Score:16.570869877934%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 369.64kcal (18.48%), Fat: 9.95g (15.31%), Saturated Fat: 3.52g (22%), Carbohydrates: 60.33g (20.11%), Net Carbohydrates: 55.03g (20.01%), Sugar: 9.93g (11.03%), Cholesterol: 2mg (0.67%), Sodium: 975.15mg (42.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.18%), Manganese: 1mg (49.88%), Vitamin B1: 0.58mg (38.83%), Selenium: 24.43µg (34.9%), Folate: 110.75µg (27.69%), Vitamin C: 21.81mg (26.43%), Vitamin B3: 5.19mg (25.94%), Phosphorus: 251.2mg (25.12%), Iron: 4.29mg (23.85%), Fiber: 5.3g (21.2%), Calcium: 201.48mg (20.15%), Vitamin B2: 0.33mg (19.43%), Copper: 0.26mg (13.12%), Magnesium: 41.75mg (10.44%), Vitamin B6: 0.2mg (10.19%), Vitamin K: 9.1µg (8.67%), Potassium: 295.12mg (8.43%), Zinc: 0.92mg (6.11%), Vitamin A: 198.15IU (3.96%), Vitamin B5: 0.35mg (3.54%), Vitamin E: 0.42mg (2.82%)