



Pork and Cheese Quesadillas

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



4688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons bottled garlic minced
- ☐ 4.5 ounce chiles green undrained chopped canned
- ☐ 48 2-inch flour tortillas (such as Mission)
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 cup onion chopped
- ☐ 1 pound ground pork loin
- ☐ 0.5 cup bottled salsa
- ☐ 6 ounces preshredded mexican cheese blend light (such as Sargento)

☐ 0.5 cup cup heavy whipping cream fat-free sour

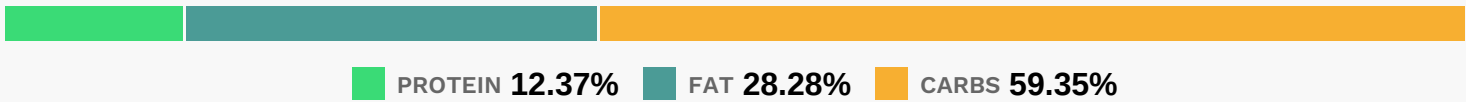
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion, garlic, pork, and chiles; cook 6 minutes or until browned, stirring to crumble.
- ☐ Place 4 tortillas in a single layer on a baking sheet.
- ☐ Spread about 1/3 cup pork mixture over each tortilla; top each with about 1/3 cup cheese, 1 tablespoon green onions, and 1 tortilla.
- ☐ Broil quesadillas for 1 1/2 minutes on each side or until crisp.
- ☐ Cut each tortilla into 4 wedges.
- ☐ Serve with sour cream and salsa.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:214.23, Inflammation Score:-10, Nutrition Score:68.162608721982%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 4687.68kcal (234.38%), Fat: 145.64g (224.07%), Saturated Fat: 56.13g (350.8%), Carbohydrates: 687.83g (229.28%), Net Carbohydrates: 638.27g (232.1%), Sugar: 53.64g (59.61%), Cholesterol: 124.63mg (41.54%), Sodium: 10772.68mg (468.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 143.39g (286.79%), Vitamin B1: 7.76mg

(517.64%), Selenium: 341.74µg (488.2%), Manganese: 6.89mg (344.65%), Folate: 1326.68µg (331.67%), Vitamin B3: 66.09mg (330.45%), Phosphorus: 3255.94mg (325.59%), Iron: 51.64mg (286.92%), Vitamin B2: 4.34mg (255.04%), Calcium: 2363.53mg (236.35%), Fiber: 49.56g (198.25%), Vitamin K: 113.98µg (108.56%), Magnesium: 346.04mg (86.51%), Copper: 1.53mg (76.53%), Zinc: 11.35mg (75.67%), Vitamin B6: 1.43mg (71.37%), Potassium: 2285.05mg (65.29%), Vitamin B5: 3.24mg (32.44%), Vitamin B12: 1.4µg (23.38%), Vitamin C: 15.75mg (19.1%), Vitamin A: 620.61IU (12.41%), Vitamin E: 0.54mg (3.62%), Vitamin D: 0.21µg (1.42%)