



Pork-Sweet Potato Quesadillas

READY IN



40 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons ancho chile powder
- ☐ 4 burrito-size flour tortillas
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 pound ground pork
- ☐ 4 servings kosher salt
- ☐ 1 bunch scallions chopped
- ☐ 2 cups mexican cheese blend shredded (or 1 cup each cheddar and jack cheese)
- ☐ 1 medium sweet potatoes and into

☐ 3 tablespoons butter unsalted

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ microwave

Directions

☐ Preheat the oven to 200 degrees F. Pierce the sweet potato a few times with a fork and microwave until soft, 7 to 10 minutes.

☐ Let cool slightly, then remove the skin and mash the flesh with a fork; set aside.

☐ Heat 1 tablespoon butter in a large nonstick skillet over medium-high heat.

☐ Add the pork, chile powder and 1 teaspoon salt and cook, breaking up the meat, until browned, about 3 minutes.

☐ Add the garlic, sweet potato and scallions and cook, stirring, 2 more minutes.

☐ Add the cilantro and season with salt.

☐ Transfer the mixture to a bowl.

☐ Wipe out the skillet; add 1/2 tablespoon butter and melt over medium-high heat.

☐ Add a tortilla, spread one-quarter of the pork mixture on one half and top with 1/2 cup cheese. Fold the tortilla over the filling and cook until the quesadilla is golden, 1 to 2 minutes per side.

☐ Transfer to a baking sheet and place in the oven to keep warm. Repeat to make 3 more quesadillas.

☐ Cut into wedges and serve with pickled jalapenos and sour cream, if desired.

☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:10.53, Inflammation Score:-10, Nutrition Score:22.858260963274%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 572kcal (28.6%), Fat: 39.05g (60.08%), Saturated Fat: 20.28g (126.78%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 25.31g (9.2%), Sugar: 4.4g (4.88%), Cholesterol: 116.6mg (38.87%), Sodium: 832.93mg (36.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.52g (53.03%), Vitamin A: 9068.35IU (181.37%), Calcium: 451.22mg (45.12%), Phosphorus: 443.1mg (44.31%), Selenium: 29.9µg (42.72%), Vitamin B1: 0.63mg (42.2%), Vitamin B2: 0.45mg (26.51%), Vitamin K: 24.75µg (23.57%), Zinc: 3.35mg (22.36%), Vitamin B3: 4.32mg (21.6%), Vitamin B6: 0.43mg (21.42%), Manganese: 0.37mg (18.44%), Vitamin B12: 1.1µg (18.39%), Iron: 2.55mg (14.15%), Potassium: 488.41mg (13.95%), Fiber: 3.25g (13%), Folate: 50.18µg (12.54%), Magnesium: 48.93mg (12.23%), Vitamin B5: 1.06mg (10.62%), Copper: 0.18mg (8.97%), Vitamin E: 0.9mg (6%), Vitamin C: 3.89mg (4.72%), Vitamin D: 0.44µg (2.92%)