



Pork Tinga Quesadillas



Gluten Free



Popular

READY IN



15 min.

SERVINGS



2

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons avocado mashed
- ☐ 1 teaspoon cilantro leaves chopped
- ☐ 1 tablespoon cotija crumbled
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 1 tablespoon onion diced
- ☐ 0.3 cup pork tinga
- ☐ 1 tablespoon salsa verde
- ☐ 0.3 cup cheddar cheese shredded

☐ 1 10-inch tortillas ()

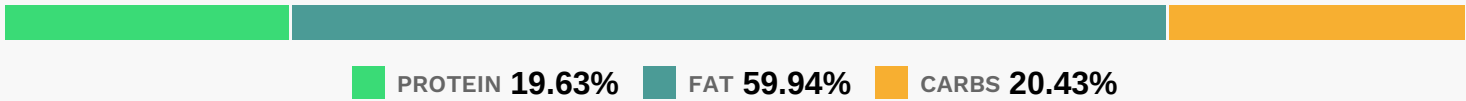
Equipment

☐ frying pan

Directions

- ☐ Place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, top with the pork tinga, cilantro and the remaining cheese.Fold the tortilla in half covering the filling and cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2-4 minutes per side.
- ☐ Serve topped with the mixture of the avocado salsa verde along with the onion, cotija and cilantro.

Nutrition Facts



Properties

Glycemic Index:107, Glycemic Load:5.91, Inflammation Score:-5, Nutrition Score:13.916521927585%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 400.98kcal (20.05%), Fat: 26.66g (41.02%), Saturated Fat: 12.92g (80.75%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 18.1g (6.58%), Sugar: 2.3g (2.56%), Cholesterol: 68.13mg (22.71%), Sodium: 691.77mg (30.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.65g (39.29%), Calcium: 410.8mg (41.08%), Phosphorus: 352.16mg (35.22%), Selenium: 24.54µg (35.05%), Vitamin B1: 0.43mg (28.44%), Vitamin B2: 0.43mg (25.53%), Zinc: 2.55mg (17.03%), Vitamin B3: 3.22mg (16.12%), Folate: 58.69µg (14.67%), Vitamin B6: 0.25mg (12.4%), Vitamin B12: 0.73µg (12.25%), Iron: 1.91mg (10.6%), Manganese: 0.21mg (10.57%), Vitamin A: 472.82IU (9.46%), Fiber: 2.35g (9.4%), Magnesium: 31.38mg (7.85%), Potassium: 266.63mg (7.62%), Vitamin K: 7.15µg (6.81%), Vitamin B5: 0.68mg (6.77%), Copper: 0.1mg (4.88%), Vitamin E: 0.52mg (3.45%), Vitamin C: 2.44mg (2.96%),

Vitamin D: 0.29µg (1.92%)