



Portobello Quesadillas with Pico de Gallo

READY IN



45 min.

SERVINGS



12

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 8 8-inch flour tortilla fat-free ()
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic clove minced
- 2 tablespoons jalapeno seeded finely chopped
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lime fresh
- 4 ounces cheddar cheese shredded reduced-fat
- 2 ounces pancetta chopped

- 1.5 cups plum tomatoes chopped
- 1 pound portabello mushrooms sliced ()
- 0.3 cup onion red chopped
- 0.8 cup cream fat-free sour

Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

Directions

- To prepare pico de gallo, combine first 8 ingredients in a medium bowl.
- To prepare quesadillas, cook pancetta in a large nonstick skillet over medium-high heat until crisp.
- Remove pancetta from pan with a slotted spoon; place in a medium bowl.
- Add mushrooms to drippings in pan; saut 6 minutes or until tender.
- Add mushrooms to pancetta in bowl; toss well.
- Wipe pan clean with paper towels.
- Sprinkle 2 tablespoons cheese over each of 4 tortillas; top each with 1/2 cup mushroom mixture, 2 tablespoons cheese, and 1 tortilla. Lightly coat top tortillas with cooking spray.
- Heat pan coated with cooking spray over medium-high heat.
- Place 1 quesadilla in pan; cook 2 minutes on each side or until tortillas are lightly browned. Set aside and keep warm. Repeat procedure with remaining quesadillas.
- Cut each quesadilla into 6 wedges.
- Serve with pico de gallo and sour cream.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:5.78, Inflammation Score:-5, Nutrition Score:9.1599998966507%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 168.11kcal (8.41%), Fat: 5.47g (8.41%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 20.56g (7.48%), Sugar: 3.41g (3.79%), Cholesterol: 6.4mg (2.13%), Sodium: 413.47mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.62%), Selenium: 17.8µg (25.43%), Phosphorus: 187.26mg (18.73%), Vitamin B3: 3.63mg (18.14%), Vitamin B1: 0.23mg (15.25%), Folate: 51.47µg (12.87%), Manganese: 0.25mg (12.62%), Vitamin B2: 0.2mg (11.84%), Calcium: 113.99mg (11.4%), Vitamin C: 7.97mg (9.66%), Fiber: 2.22g (8.87%), Copper: 0.17mg (8.66%), Potassium: 302.77mg (8.65%), Iron: 1.53mg (8.48%), Vitamin B6: 0.14mg (7.12%), Vitamin A: 354.74IU (7.09%), Vitamin K: 6.44µg (6.13%), Vitamin B5: 0.58mg (5.77%), Zinc: 0.75mg (5%), Magnesium: 15.45mg (3.86%), Vitamin B12: 0.13µg (2.2%), Vitamin E: 0.3mg (1.97%)