



Potato and Sausage Quesadillas

READY IN



40 min.

SERVINGS



10

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb chorizo sausage cut fresh chopped
- 1 cup milk hot
- 0.7 cup potatoes mashed
- 2 tablespoons onion finely chopped
- 1 tablespoon butter melted
- 1 tablespoon parsley fresh finely chopped
- 1 clove garlic finely chopped
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil

- 10 6-inch flour tortilla warmed ()
- 10 slices mozzarella cheese

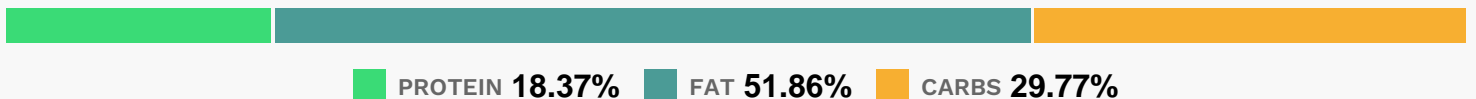
Equipment

- bowl
- frying pan

Directions

- In 10-inch skillet, cook chorizo over medium-high heat about 5 minutes, stirring frequently, until brown; drain.
- In medium bowl, thoroughly stir hot milk, dry potatoes, onion, melted butter, parsley, garlic and salt until consistency of stiff mashed potatoes. Stir in chorizo.
- Heat oil on griddle over medium-high heat.
- Place 2 tablespoons filling on half of each tortilla; top filling with 1 slice cheese. Fold each tortilla over onto filling.
- Heat on griddle, turning once, until cheese is melted.
- Serve with your favorite salsa, if desired.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:7.15, Inflammation Score:-4, Nutrition Score:8.5539130542589%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 262.27kcal (13.11%), Fat: 14.99g (23.06%), Saturated Fat: 7.33g (45.82%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 17.94g (6.52%), Sugar: 2.78g (3.09%), Cholesterol: 41.31mg (13.77%), Sodium: 480.48mg

(20.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.89%), Calcium: 225.16mg (22.52%), Phosphorus: 196.32mg (19.63%), Selenium: 12.07µg (17.24%), Vitamin B12: 0.78µg (12.99%), Vitamin B1: 0.19mg (12.42%), Vitamin B2: 0.2mg (12.04%), Vitamin K: 12.23µg (11.64%), Manganese: 0.19mg (9.37%), Vitamin C: 7.65mg (9.27%), Iron: 1.6mg (8.92%), Vitamin A: 429.47IU (8.59%), Folate: 33.43µg (8.36%), Vitamin B3: 1.54mg (7.69%), Zinc: 1.14mg (7.59%), Fiber: 1.41g (5.65%), Magnesium: 18.93mg (4.73%), Potassium: 161.51mg (4.61%), Vitamin B6: 0.09mg (4.55%), Copper: 0.05mg (2.6%), Vitamin D: 0.38µg (2.54%), Vitamin B5: 0.23mg (2.29%), Vitamin E: 0.23mg (1.5%)