



WHATSheATE



Potato, Greens, and Goat Cheese Quesadillas



Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



453 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 4 8-inch flour tortilla
- ☐ 3 ounces goat cheese fresh chilled crumbled
- ☐ 4.7 cups mustard greens divided stemmed coarsely chopped (from 1 bunch)
- ☐ 4 servings olive oil
- ☐ 1.3 cups salsa verde jarred (tomatillo salsa)
- ☐ 1.3 cups yukon gold potatoes peeled (2 medium)

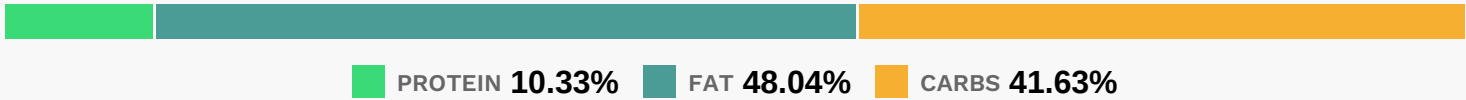
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place baking sheet in oven and preheat to 275°F. Steam potatoes until tender, about 8 minutes.
- ☐ Place in large bowl; sprinkle with salt, pepper, and chili powder. Toss to coat. Cool potatoes 15 minutes.
- ☐ Mix in Jack cheese. Meanwhile, blend salsa and 2/3 cup (packed) greens in mini processor until greens are finely chopped.
- ☐ Arrange tortillas on work surface. Divide remaining greens between bottom half of each. Top greens with potato mixture, then goat cheese and 2 tablespoons salsa mixture for each. Fold plain tortilla halves over filling, pressing to compact.
- ☐ Brush with oil.
- ☐ Heat large nonstick skillet over medium heat.
- ☐ Place 2 quesadillas, oiled side down, in skillet.
- ☐ Brush tops with oil. Cook until quesadillas are brown, about 3 minutes per side.
- ☐ Transfer to sheet in oven to keep warm. Repeat with remaining 2 quesadillas.
- ☐ Cut each quesadilla into 3 or 4 wedges.
- ☐ Serve with remaining salsa.
- ☐ One serving contains the following: Calories (kcal) 448.58; % Calories from Fat 46.6; Fat (g) 23.21; Saturated Fat (g) 12.78; Cholesterol (mg) 49.48; Carbohydrates (g) 39.59; Dietary Fiber (g) 5.82; Total Sugars (g) 5.05; Net Carbs (g) 33.76; Protein (g) 21.77
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:37.44, Glycemic Load:18.35, Inflammation Score:-10, Nutrition Score:24.711738887041%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 10.58mg, Isorhamnetin: 10.58mg, Isorhamnetin: 10.58mg, Isorhamnetin: 10.58mg Kaempferol: 25.65mg, Kaempferol: 25.65mg, Kaempferol: 25.65mg, Kaempferol: 25.65mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 452.54kcal (22.63%), Fat: 24.22g (37.26%), Saturated Fat: 6.57g (41.07%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 41.27g (15.01%), Sugar: 8.34g (9.27%), Cholesterol: 9.78mg (3.26%), Sodium: 1029.73mg (44.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.43%), Vitamin K: 183.6µg (174.86%), Vitamin C: 64.14mg (77.74%), Vitamin A: 2964.23IU (59.28%), Vitamin B1: 0.39mg (25.95%), Vitamin E: 3.76mg (25.05%), Phosphorus: 245.34mg (24.53%), Fiber: 5.96g (23.83%), Potassium: 824.74mg (23.56%), Iron: 4.19mg (23.3%), Vitamin B6: 0.45mg (22.72%), Copper: 0.41mg (20.58%), Manganese: 0.41mg (20.54%), Vitamin B2: 0.33mg (19.48%), Calcium: 192.26mg (19.23%), Vitamin B3: 3.82mg (19.08%), Selenium: 13µg (18.57%), Folate: 71.23µg (17.81%), Magnesium: 55.16mg (13.79%), Vitamin B5: 0.61mg (6.08%), Zinc: 0.9mg (6.01%)