



## Prosciutto, Fig, and Goat Cheese Quesadillas

READY IN



25 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup fig preserves
- 4 figs sliced
- 8 flour tortillas
- 5 ounces creamy goat cheese
- 0.5 cup monterrey jack cheese shredded
- 3 ounces pancetta thinly sliced

### Equipment

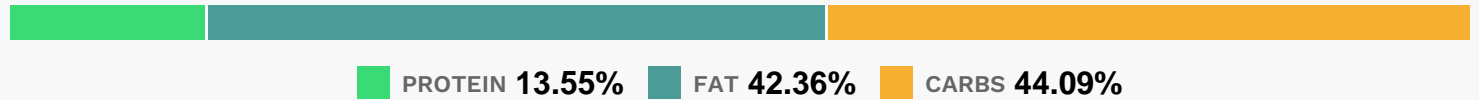
- frying pan

- grill
- spatula

## Directions

- Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- Lay out 4 tortillas; spread each with half of the goat cheese. Divide prosciutto and figs and place on top of goat cheese. Top with jack cheese and remaining tortillas. Cook on hot oiled grill 3 to 4 minutes per side or until cheese has melted.
- Serve hot with fig preserves on side.
- INDOOR: Prepare quesadillas as directed. In a skillet large enough to fit tortillas or an electric griddle, heat 1 to 2 tablespoons of vegetable oil over medium heat. When oil is hot, carefully fry both sides of quesadillas for 2 to 3 minutes or until golden brown; turning with a large spatula.
- Garnish as directed.

## Nutrition Facts



## Properties

Glycemic Index:44.25, Glycemic Load:24.8, Inflammation Score:-6, Nutrition Score:14.344782502755%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

## Nutrients (% of daily need)

Calories: 533.34kcal (26.67%), Fat: 25.15g (38.7%), Saturated Fat: 12.47g (77.97%), Carbohydrates: 58.9g (19.63%), Net Carbohydrates: 55.04g (20.02%), Sugar: 24.34g (27.05%), Cholesterol: 42.91mg (14.3%), Sodium: 806.97mg (35.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.21%), Phosphorus: 319.97mg (32%), Selenium: 21.35µg (30.51%), Vitamin B1: 0.42mg (28.13%), Calcium: 266.75mg (26.67%), Vitamin B2: 0.42mg (24.85%), Manganese: 0.41mg (20.55%), Copper: 0.4mg (19.91%), Vitamin B3: 3.88mg (19.41%), Iron: 3.36mg (18.68%), Folate: 69.27µg (17.32%), Fiber: 3.86g (15.43%), Vitamin B6: 0.25mg (12.69%), Vitamin A: 553.55IU (11.07%), Zinc: 1.41mg (9.4%), Magnesium: 34.86mg (8.71%), Potassium: 275.31mg (7.87%), Vitamin K: 7.66µg (7.3%), Vitamin B5: 0.64mg (6.43%), Vitamin B12: 0.29µg (4.85%), Vitamin C: 3.46mg (4.2%), Vitamin D: 0.31µg (2.08%),

Vitamin E: 0.28mg (1.87%)