



Quesadilla para el Desayuno (Breakfast Quesadilla)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small avocado diced peeled
- ☐ 4 small corn tortillas
- ☐ 3 scrambled eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 1 juice of lime
- ☐ 2 servings salt and pepper

☐ 1 tomatoes sliced

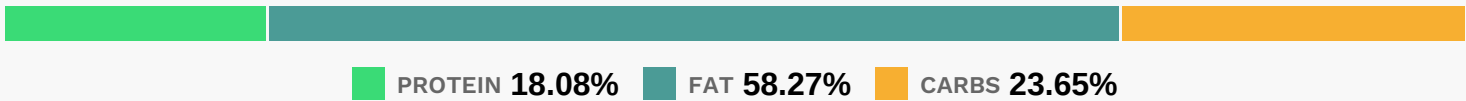
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ On a work surface, spread 2 of the tortillas. Spoon half of the scrambled eggs over the bottom of each tortilla.
- ☐ Sprinkle half of the cheese.Top with another tortilla.
- ☐ Heat a large nonstick skillet with cooking spray over medium heat. Carefully place 1 quesadilla in pan and cook 2 minutes.Using a spatula, gently flip the quesadilla and cook an additional 2 minutes until lightly browned and the cheese is melted. Repeat with second quesadilla.In a small bowl: mix the avocado, cilantro, lime juice, salt and pepper. Top the quesadillas with tomato slices and avocado mixture.
- ☐ Serve immediately with your favorite salsa.

Nutrition Facts



Properties

Glycemic Index:93.75, Glycemic Load:11.53, Inflammation Score:-8, Nutrition Score:27.808260959128%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 594.57kcal (29.73%), Fat: 39.8g (61.22%), Saturated Fat: 15.25g (95.33%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 25.49g (9.27%), Sugar: 3.54g (3.93%), Cholesterol: 295.8mg (98.6%), Sodium: 661.24mg (28.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.78g (55.56%), Phosphorus: 614.9mg (61.49%), Calcium: 522.34mg (52.23%), Selenium: 32.06µg (45.8%), Fiber: 10.86g (43.45%), Vitamin B2: 0.7mg (41.39%), Folate: 137.16µg (34.29%), Vitamin K: 33.86µg (32.25%), Vitamin A: 1593.41IU (31.87%), Vitamin B6: 0.59mg (29.34%), Vitamin C: 23.52mg (28.5%), Vitamin B5: 2.67mg (26.68%), Zinc: 4mg (26.65%), Potassium: 894.76mg (25.56%), Magnesium: 98.25mg (24.56%), Vitamin E: 3.48mg (23.21%), Manganese: 0.42mg (20.94%), Copper: 0.38mg (19.08%), Vitamin B12: 1.06µg (17.61%), Iron: 2.97mg (16.5%), Vitamin B3: 3.04mg (15.2%), Vitamin B1: 0.18mg (11.93%), Vitamin D: 1.66µg (11.06%)