



Quesadilla Pie

READY IN



15 min.

SERVINGS



6

CALORIES



861 kcal

Ingredients

- ☐ 1 avocado diced
- ☐ 4 8-inch flour tortilla
- ☐ 1 cup cilantro leaves fresh
- ☐ 0.3 cup heavy whipping cream
- ☐ 8 ounces monterrey jack cheese grated for the top
- ☐ 10 ounce enchilada sauce green red canned
- ☐ 0.5 small onion red finely chopped
- ☐ 3.5 pound rotisserie chicken cut shredded
- ☐ 1 cup salsa
- ☐ 1 zucchini thinly sliced quartered

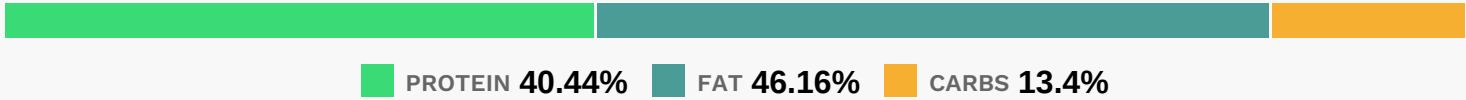
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Heat oven to 400 F. In a small bowl, combine the enchilada sauce and cream. Spoon 1/4 cup of the sauce mixture into the bottom of a shallow 2-quart casserole or 9-inch springform pan. Top with 1 tortilla and a third each of the cheese, chicken, onion, and zucchini. Repeat twice to form a total of 3 layers. Top with the remaining tortilla, sauce mixture, and cheese. Cover loosely with foil and bake for 20 minutes. Uncover and bake 10 minutes more. Slice into wedges and serve with the salsa, avocado, and cilantro. Tip: For a vegetarian version of Quesadilla Pie, replace the chicken with 2 cups fresh corn or frozen corn that has been thawed and patted dry.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:5.92, Inflammation Score:-7, Nutrition Score:15.429565108341%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 860.5kcal (43.03%), Fat: 44.5g (68.46%), Saturated Fat: 16.99g (106.18%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 23.49g (8.54%), Sugar: 8.04g (8.93%), Cholesterol: 298.86mg (99.62%), Sodium: 2098.33mg (91.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.73g (175.46%), Calcium: 363.44mg (36.34%), Phosphorus: 291.26mg (29.13%), Vitamin A: 1253.98IU (25.08%), Fiber: 5.57g (22.3%), Vitamin K: 22.27µg

(21.21%), Vitamin B2: 0.36mg (20.99%), Selenium: 14.02µg (20.03%), Folate: 79.26µg (19.82%), Manganese: 0.35mg (17.49%), Vitamin B1: 0.24mg (15.8%), Vitamin C: 12.42mg (15.06%), Vitamin B6: 0.28mg (14.2%), Vitamin B3: 2.8mg (14%), Potassium: 469.35mg (13.41%), Iron: 2.35mg (13.07%), Zinc: 1.77mg (11.82%), Magnesium: 42.08mg (10.52%), Vitamin E: 1.52mg (10.13%), Copper: 0.17mg (8.36%), Vitamin B5: 0.81mg (8.06%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.39µg (2.57%)