



HEALTH SCORE

82%

Quesadilla Pie



Very Healthy



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



1624 kcal

Ingredients

- ☐ 4 10-inch flour tortillas (9-es diameter)
- ☐ 4 servings butter
- ☐ 0.5 pound monterey jack grated
- ☐ 4 servings beans cooked (black beans, pinto beans)
- ☐ 4 servings tomatoes chopped
- ☐ 4 servings summer squash chopped
- ☐ 4 servings onions (green onions, red onions, onion greens)
- ☐ 4 servings mushrooms (if using a lot, sauté first, to remove moisture)
- ☐ 4 servings meat from a rotisserie chicken shredded cooked

- ☐ 4 servings chiles green cooked chopped
- ☐ 4 servings cumin and/or chili powder for extra heat
- ☐ 4 servings avocado chopped
- ☐ 4 servings cilantro leaves chopped
- ☐ 4 servings iceberg lettuce dressed with vinegar and salt thinly sliced
- ☐ 4 servings cup heavy whipping cream sour
- ☐ 4 servings salsa
- ☐ 4 servings meat from a rotisserie chicken
- ☐ 4 servings beef
- ☐ 4 servings fatty pork
- ☐ 4 servings fish and seafood
- ☐ 4 servings pasta and noodles

Equipment

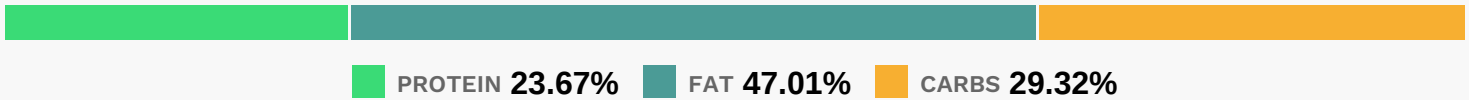
- ☐ oven
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Preheat oven and prepare pie dish: Preheat oven to 350°F. Butter the bottoms and sides of a pie dish, approximately the same size as your tortillas (I used a 10-inch pyrex pie dish for 10-inch wide tortillas).
- ☐ Place one tortilla on the bottom of the pie dish.
- ☐ Sprinkle some shredded cheese over the tortilla. At this point, you will begin to add your chosen filling ingredients, and layering the tortillas. Just make sure each layer has a generous sprinkling of cheese.
- ☐ In the pictured example, I used cheese, black beans, and onion greens on the first layer. Then I added another tortilla on top of that and put chopped zucchini, chopped tomato, chopped pickled jalapenos, and more shredded cheese.

- ☐ I also sprinkled a little cumin and chili powder on this layer. I added another tortilla and put more shredded cheese, more black beans, tomatoes and onions.
- ☐ Top off your layers with one last flour tortilla.
- ☐ Spread a little butter over the surface of this tortilla.
- ☐ Bake in oven: Cover the dish with aluminum foil. Put in oven for 30 minutes on 350°F. Then remove the foil and increase the heat to 400°F. Cook for another 15–20 minutes, until the top is lightly browned and cheese is bubbly.
- ☐ Remove from oven.
- ☐ Let cool for 10 minutes before serving.
- ☐ Cut into quarters.
- ☐ Serve with chopped avocados, shredded lettuce, cilantro, salsa, and/or sour cream.

Nutrition Facts



Properties

Glycemic Index:105.25, Glycemic Load:34.89, Inflammation Score:-10, Nutrition Score:66.16739057458%

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 Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 1623.62kcal (81.18%), Fat: 85.22g (131.12%), Saturated Fat: 32.01g (200.04%), Carbohydrates: 119.61g (39.87%), Net Carbohydrates: 96.48g (35.09%), Sugar: 13.5g (15%), Cholesterol: 274.97mg (91.66%), Sodium: 1378.61mg (59.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 96.57g (193.14%), Selenium: 112.02µg (160.02%), Vitamin B3: 25.88mg (129.42%), Phosphorus: 1225.85mg (122.58%), Folate: 372.25µg (93.06%), Fiber: 23.13g (92.52%), Manganese: 1.83mg (91.74%), Vitamin B6: 1.78mg (89.19%), Vitamin K: 83.23µg (79.27%), Zinc: 11.43mg (76.17%), Vitamin A: 3752.03IU (75.04%), Potassium: 2398.33mg (68.52%), Calcium: 677.52mg (67.75%), Vitamin B2: 1.13mg (66.76%), Vitamin B1: 0.98mg (65.13%), Iron: 11.16mg (62%), Magnesium: 240.79mg (60.2%), Vitamin C: 41.07mg (49.78%), Vitamin B12: 2.93µg (48.82%), Copper: 0.96mg (47.89%), Vitamin B5: 4.72mg

(47.19%), Vitamin E: 5.45mg (36.32%), Vitamin D: 0.68µg (4.5%)