



Quesadillas

READY IN



15 min.

SERVINGS



1

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cheese grated
- ☐ 9 servings cilantro leaves fresh
- ☐ 1 serving flour tortilla soft
- ☐ 1 ounce cured ham thinly sliced
- ☐ 3 coin- pickled jalapeno peppers from a jar green chopped
- ☐ 1 teaspoon olive oil extra-virgin not
- ☐ 1 scallion finely sliced

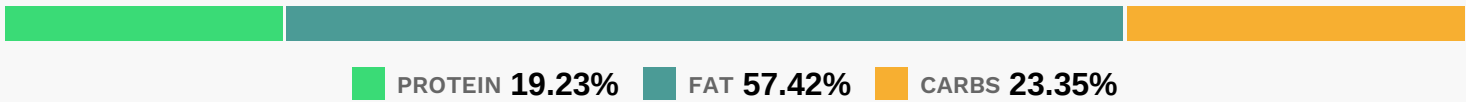
Equipment

- ☐ frying pan
- ☐ grill
- ☐ spatula
- ☐ grill pan

Directions

- ☐ For service: good store-bought salsa of your choice
- ☐ Preheat a grill pan over medium-high heat.
- ☐ Place the tortilla wrap on the counter in front of you and cover with the ham.
- ☐ Over 1/2 only, sprinkle the chopped pickled jalapeno, the grated cheese and the chopped scallion. Scatter over the cilantro leaves.
- ☐ Carefully fold the tortilla wrap in half, that's to say, fold the untopped half over the cheese so you have a fat half moon.
- ☐ Lift this is up carefully and brush each side with the oil before putting it on the hot griddle; grill for a minute each side.
- ☐ Using a steady hand and a wide fine spatula or fish slice, transfer the tortilla to a board or plate and cut into 3 triangles. Eat with some salsa on the side. And please feel free to play with the fillings as you wish.

Nutrition Facts



Properties

Glycemic Index:157, Glycemic Load:5.55, Inflammation Score:-7, Nutrition Score:16.825652091399%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 327.54kcal (16.38%), Fat: 20.94g (32.21%), Saturated Fat: 8.59g (53.69%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 16.59g (6.03%), Sugar: 3.22g (3.58%), Cholesterol: 45.83mg (15.28%), Sodium: 745.74mg

(32.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.56%), Vitamin C: 52.31mg (63.41%), Vitamin K: 40.65µg (38.71%), Selenium: 21.37µg (30.53%), Phosphorus: 267.64mg (26.76%), Calcium: 259.83mg (25.98%), Vitamin B1: 0.35mg (23.57%), Vitamin B2: 0.31mg (18.37%), Vitamin A: 916.2IU (18.32%), Vitamin E: 2.48mg (16.55%), Vitamin B6: 0.33mg (16.48%), Vitamin B3: 3.22mg (16.08%), Folate: 54.56µg (13.64%), Zinc: 1.96mg (13.09%), Manganese: 0.22mg (10.94%), Fiber: 2.56g (10.25%), Iron: 1.7mg (9.45%), Potassium: 282.34mg (8.07%), Vitamin B12: 0.48µg (8.01%), Magnesium: 28.55mg (7.14%), Copper: 0.1mg (4.77%), Vitamin B5: 0.44mg (4.42%), Vitamin D: 0.37µg (2.45%)