



## Quesadillas con Queso

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon chipotle peppers chopped
- 1 Sprig cilantro leaves
- 0.3 cup cotija blanco cheese grated
- 0.1 cup cilantro leaves fresh
- 4 garlic cloves peeled
- 1 juice of lime juiced
- 1 teaspoon kosher salt
- 1 cup masa

- 0.3 cup monterey jack grated
- 1 tablespoon olive oil
- 0.3 cup onion diced
- 0.1 cup pineapple juice
- 4 roma tomatoes
- 2 teaspoons sugar
- 0.8 cup warm water

## Equipment

- frying pan
- oven
- mixing bowl
- blender
- roasting pan

## Directions

- Place masa and salt in a mixing bowl. Slowly mix in water until you reach a doughy consistency. Using 1-ounce from mixture, roll into a ball. By hand, slap the dough and form a tortilla (about 5-inches in diameter, 1/8-inch thick). If you have a tortilla press, place 1 ounce masa ball and lightly press down and make a tortilla. Repeat with remaining mixture.
- Combine the cheeses and set aside.
- To cook tortilla, place it on a griddle or comal that is about 250 degrees F. When tortilla is slightly brown, flip tortilla over and cook the other side. When both sides are almost done, place cheese mixture on 1 tortilla and cover with the other one, making a quesadilla. Cook until the cheese melts.
- Cut quesadilla into quarters and serve with chipotle salsa and a sprig of cilantro.
- Preheat the oven to 375 degrees F.
- Place tomatoes, onions and garlic in a small roasting pan. Coat with olive oil and roast until charred and blistered, about 25 minutes.
- Let cool.

Place in blender with remaining ingredients. Do not puree, but leave a little chunky for texture.

## Nutrition Facts

**PROTEIN 11.64%** **FAT 34%** **CARBS 54.36%**

### Properties

Glycemic Index:82.27, Glycemic Load:3.06, Inflammation Score:-7, Nutrition Score:11.99826088159%

### Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

### Nutrients (% of daily need)

Calories: 231.66kcal (11.58%), Fat: 9.09g (13.98%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 28.76g (10.46%), Sugar: 6.52g (7.24%), Cholesterol: 14.63mg (4.88%), Sodium: 742.3mg (32.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7g (14%), Vitamin B1: 0.48mg (31.75%), Vitamin B2: 0.36mg (21.09%), Folate: 77.82µg (19.46%), Vitamin B3: 3.37mg (16.84%), Vitamin C: 13.43mg (16.28%), Fiber: 3.93g (15.72%), Calcium: 156.02mg (15.6%), Manganese: 0.31mg (15.44%), Vitamin A: 743.39IU (14.87%), Phosphorus: 148.43mg (14.84%), Vitamin B6: 0.29mg (14.56%), Iron: 2.56mg (14.21%), Magnesium: 40.97mg (10.24%), Vitamin K: 10.61µg (10.1%), Selenium: 6.93µg (9.91%), Potassium: 283.83mg (8.11%), Zinc: 1.18mg (7.85%), Copper: 0.12mg (6.15%), Vitamin E: 0.92mg (6.14%), Vitamin B12: 0.22µg (3.62%), Vitamin B5: 0.26mg (2.65%)