



WHATSheATE



Quesadillas Stuffed with Mushrooms and Goat Cheese



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 12 corn tortillas
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.3 cup goat cheese fresh
- ☐ 0.5 pound low-moisture mozzarella cut in small dice
- ☐ 1 pound mushrooms sliced quartered
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shallots minced

- ☐ 2 tablespoon butter unsalted
- ☐ 2 teaspoon vegetable oil

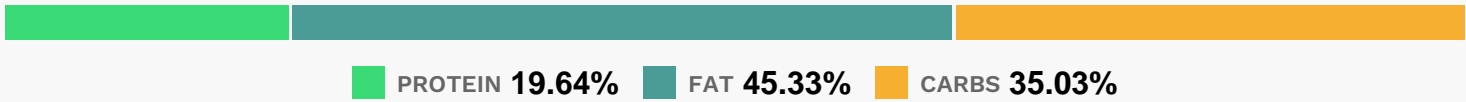
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Heat the butter in a small skillet over medium-high heat. When the butter has stopped foaming and bubbling, add the mushrooms and sprinkle with salt. Cook, stirring frequently, until the mushrooms have given up their moisture, about 5 minutes.
- ☐ Sprinkle with shallots and cook until the shallots have softened, the moisture has evaporated and the mushrooms are quite tender, about 5 more minutes.
- ☐ Remove from the heat and stir in the mint and the goat cheese.
- ☐ Heat the oil on a griddle over medium heat; use a spatula to distribute it so the surface is evenly covered. If you don't have a large griddle, you can use a skillet, but you'll have to cook the quesadillas in more than one batch.
- ☐ Add the tortillas and cook on one side until they have softened, 1 to 2 minutes. Flip them to the other side and spoon 3 to 4 tablespoons of the mushroom mixture in the center.
- ☐ Sprinkle over some of the diced mozzarella and use a spatula to fold the tortilla in half around the filling.Cook until the tortilla begins to brown on one side, about 2 to 3 minutes, and then flip onto the other side and cook until the tortilla browns on that side and the mozzarella is melted, about 2 to 3 minutes more. If some of the melting cheese oozes onto the griddle, that's even better. Repeat if necessary to use up all of the tortillas and filling.
- ☐ Serve immediately, or keep warm in a 250-degree oven until all of the quesadillas have been made.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:11.01, Inflammation Score:-5, Nutrition Score:14.726956522983%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 322kcal (16.1%), Fat: 16.75g (25.76%), Saturated Fat: 8.7g (54.4%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 24.7g (8.98%), Sugar: 3.5g (3.89%), Cholesterol: 38.95mg (12.98%), Sodium: 715.74mg (31.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.65%), Phosphorus: 461.62mg (46.16%), Calcium: 326.61mg (32.66%), Vitamin B2: 0.52mg (30.32%), Selenium: 20.73µg (29.61%), Copper: 0.42mg (20.77%), Vitamin B3: 3.62mg (18.12%), Fiber: 4.41g (17.66%), Zinc: 2.58mg (17.22%), Magnesium: 58.8mg (14.7%), Vitamin B6: 0.29mg (14.27%), Vitamin B5: 1.32mg (13.23%), Manganese: 0.26mg (12.92%), Potassium: 422.3mg (12.07%), Vitamin B12: 0.68µg (11.33%), Vitamin A: 479.85IU (9.6%), Vitamin B1: 0.13mg (8.82%), Iron: 1.44mg (7.99%), Folate: 30.86µg (7.71%), Vitamin E: 0.6mg (3.99%), Vitamin K: 3.83µg (3.64%), Vitamin C: 2.64mg (3.2%), Vitamin D: 0.41µg (2.73%)