



Quesadillas with Jack and Spicy Saute

READY IN



30 min.

SERVINGS



6

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 6-inch flour tortillas
- ☐ 3 medium cloves garlic thinly sliced
- ☐ 3 cups jack cheese shredded
- ☐ 2 medium jalapeños halved lengthwise seeded thinly sliced
- ☐ 1.3 cups chicken broth low-sodium
- ☐ 1 tablespoons vegetable oil; peanut oil preferred
- ☐ 4 medium poblano peppers seeded sliced quartered
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 medium onion yellow halved lengthwise thinly sliced

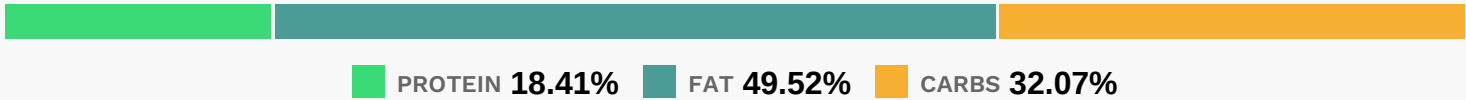
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 500 degrees F and arrange 1 rack in top and a second rack in middle.
- ☐ Heat oil in a large frying pan over medium-high heat. When it shimmers, add onions, garlic, and jalapenos, season well with salt and freshly ground black pepper, and cook until softened, about 3 minutes.
- ☐ Add poblanos and stir to coat.
- ☐ Add broth and cook until the liquid reduces enough to just coat the vegetables, about 10 minutes.
- ☐ Remove from heat.
- ☐ When pepper mixture is cool enough to handle, top 1 tortilla with 1/2 cup cheese and 1/6 of the pepper mixture, close with a second tortilla. Repeat to make 6 quesadillas.
- ☐ Arrange quesadillas on 2 baking sheets and place 1 sheet on top rack and another on middle rack.
- ☐ Bake until cheese is melted, about 5 minutes. Switch baking sheets and continue to cook until tortillas are golden-brown and crisp, about 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:10.1, Inflammation Score:-7, Nutrition Score:19.993478381115%

Flavonoids

Luteolin: 3.8mg, Luteolin: 3.8mg, Luteolin: 3.8mg, Luteolin: 3.8mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 446.21kcal (22.31%), Fat: 24.71g (38.02%), Saturated Fat: 13.08g (81.77%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 32.22g (11.72%), Sugar: 5.07g (5.64%), Cholesterol: 50.28mg (16.76%), Sodium: 798.51mg (34.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.68g (41.35%), Vitamin C: 70.46mg (85.41%), Calcium: 524.82mg (52.48%), Phosphorus: 411.4mg (41.14%), Selenium: 21.85µg (31.22%), Vitamin B2: 0.43mg (25.53%), Vitamin B1: 0.36mg (24.31%), Manganese: 0.45mg (22.68%), Folate: 77.57µg (19.39%), Vitamin B3: 3.84mg (19.2%), Iron: 3.02mg (16.8%), Vitamin B6: 0.31mg (15.61%), Vitamin A: 779.19IU (15.58%), Fiber: 3.79g (15.17%), Zinc: 2.21mg (14.71%), Vitamin K: 12.71µg (12.1%), Magnesium: 39.04mg (9.76%), Potassium: 334.18mg (9.55%), Vitamin B12: 0.52µg (8.64%), Copper: 0.17mg (8.47%), Vitamin E: 0.98mg (6.52%), Vitamin B5: 0.33mg (3.32%), Vitamin D: 0.34µg (2.26%)