



WHATSheATE



Reuben Quesadillas

READY IN



45 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups d coleslaw mix
- ☐ 0.5 pound corned beef ribs thinly sliced
- ☐ 4 flour tortillas 10-in. size
- ☐ 0.5 cup salsa
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 lb swiss cheese shredded

Equipment

- ☐ bowl

- ☐ baking sheet
- ☐ spatula

Directions

- ☐ In a small bowl, mix salsa and sour cream.
- ☐ Sprinkle 1/4 cup of the cheese over half of 1 tortilla. Then place 3/4 cup coleslaw mix on cheese.
- ☐ Drizzle about 3 tablespoons of the salsa mixture over coleslaw.
- ☐ Lay 1/4 of the corned beef onto coleslaw; top with 1/4 cup more cheese. Fold tortilla over to cover filling. Repeat to make 3 more quesadillas.
- ☐ Place quesadillas slightly apart on baking sheets. Broil 4 to 6 inches below heat until crisp and lightly browned, 1 to 2 minutes (watch closely). Using a wide spatula, carefully turn each quesadilla over. Broil until crisp and lightly browned on other side, 1 to 2 minutes more.
- ☐ Cut quesadillas into wedges.
- ☐ Serve with remaining salsa mixture.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:5.66, Inflammation Score:-7, Nutrition Score:22.728695765786%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 506.37kcal (25.32%), Fat: 34.11g (52.48%), Saturated Fat: 16.81g (105.03%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 19.33g (7.03%), Sugar: 5.01g (5.57%), Cholesterol: 100.31mg (33.44%), Sodium: 1247.28mg (54.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.87%), Calcium: 611.53mg (61.15%), Selenium: 36.04µg (51.49%), Phosphorus: 499.49mg (49.95%), Vitamin B12: 2.78µg (46.37%), Vitamin C: 35.4mg (42.91%), Vitamin K: 44.65µg (42.52%), Zinc: 4.51mg (30.05%), Vitamin B2: 0.43mg (25.01%), Vitamin B3: 3.95mg (19.74%), Vitamin B6: 0.36mg (17.8%), Vitamin A: 857.16IU (17.14%), Folate: 61.74µg (15.43%), Vitamin B1:

0.23mg (15.38%), Manganese: 0.29mg (14.31%), Iron: 2.52mg (14.02%), Potassium: 455.19mg (13.01%), Magnesium: 47.3mg (11.82%), Fiber: 2.95g (11.79%), Vitamin B5: 0.89mg (8.89%), Copper: 0.16mg (7.82%), Vitamin E: 0.92mg (6.16%)