



Rib-Eye and Anaheim Chile Quesadilla

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large anaheim chiles peeled seeded roughly chopped
- ☐ 1 anaheim chili julienned
- ☐ 1 teaspoon ancho chili powder
- ☐ 0.8 cup canola oil
- ☐ 4 servings canola oil
- ☐ 4 servings cilantro leaves for garnish
- ☐ 12 6-inch flour tortillas
- ☐ 8 ounces goat cheese crumbled soft
- ☐ 3 green onions thinly sliced

- ☐ 1 tablespoon honey
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1.5 cups monterrey jack cheese grated
- ☐ 4 servings oregano recipe fresh
- ☐ 0.3 cup parmesan grated
- ☐ 0.3 cup freshly parsley leaves chopped
- ☐ 2 poblanos roughly chopped
- ☐ 1 bell pepper red sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 1 slices marinated rib-eye from rib-eye marinated in garlic leftover
- ☐ 4 cloves roasted garlic peeled
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 tablespoons water
- ☐ 1 cup cabrales
- ☐ 1 cup cabrales

Equipment

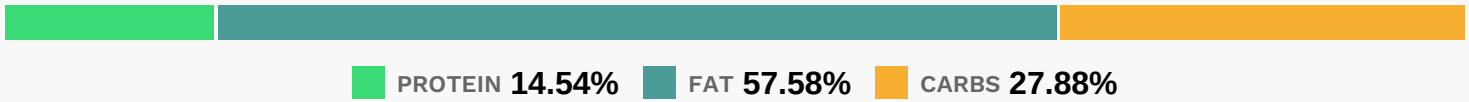
- ☐ blender
- ☐ grill
- ☐ cutting board

Directions

- ☐ Combine the Anaheim chiles, poblanos, garlic, vinegar, lime juice, a few tablespoons of water, honey and salt and pepper, to taste, in a blender and blend until smooth.
- ☐ With the motor running, slowly add the oil until emulsified.
- ☐ Add the parsley and blend 5 seconds longer. (There should be flecks of the parsley in the vinaigrette.)
- ☐ Preheat the grill to medium heat.

- ☐ Place 8 tortillas on a flat surface and evenly divide the Monterey Jack, cabrales, beef, goat cheese, bell pepper, Anaheim pepper and green onion among the tortillas (in that order). Season with salt and pepper, to taste, and sprinkle with Parmesan.
- ☐ Stack the tortillas to make 4 (2-layer) tortillas and top each with the remaining tortillas.
- ☐ Combine ancho chili powder and canola oil, and brush the tops of the tortillas. Carefully place on the grill, ancho side down and grill until lightly golden brown, about 2 minutes. Flip the quesadillas over, close the lid of the grill and grill until the bottom of the tortillas are lightly golden brown and the cheese has melted.
- ☐ Remove from the grill to a cutting board.
- ☐ Cut into quarters, top each quarter with some of the vinaigrette and garnish with cilantro leaves.
- ☐ Transfer to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:86.32, Glycemic Load:17.46, Inflammation Score:-10, Nutrition Score:35.83173892809%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 874.88kcal (43.74%), Fat: 56.41g (86.79%), Saturated Fat: 21.77g (136.05%), Carbohydrates: 61.44g (20.48%), Net Carbohydrates: 53.7g (19.53%), Sugar: 13.5g (15%), Cholesterol: 68.2mg (22.73%), Sodium: 1429.48mg (62.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.06g (64.12%), Vitamin C: 103.76mg (125.78%), Vitamin K: 117.97µg (112.35%), Calcium: 647.06mg (64.71%), Phosphorus: 598.03mg (59.8%), Vitamin A: 2696.12IU (53.92%), Selenium: 29.99µg (42.84%), Vitamin B2: 0.73mg (42.71%), Manganese: 0.77mg (38.33%), Vitamin B1: 0.57mg (38.1%), Vitamin E: 5.32mg (35.45%), Folate: 134.48µg (33.62%), Iron: 6mg (33.34%), Fiber: 7.74g (30.95%), Copper: 0.61mg (30.57%), Vitamin B6: 0.53mg (26.39%), Vitamin B3: 5.11mg (25.57%), Zinc: 2.79mg (18.61%), Magnesium: 62.27mg (15.57%), Potassium: 437.01mg (12.49%), Vitamin B12: 0.54µg (8.98%), Vitamin B5:

0.88mg (8.76%), Vitamin D: 0.51µg (3.42%)