



Roasted Asparagus and Red Onion Quesadillas

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



1033 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus trimmed cut into 1/ slices
- 1 chipotle chile in adobo canned minced
- 48 7-inch flour tortillas
- 0.3 cup cilantro leaves fresh finely chopped
- 2 teaspoons juice of lime fresh
- 1.5 teaspoons olive oil
- 0.5 pound pepper jack shredded

- 1 large onion red separated
- 8 servings salt and pepper black freshly ground
- 1 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan
- broiler
- spatula

Directions

- To make quesadillas: Preheat oven to 500 degrees F.
- In a large shallow baking pan, toss asparagus with 1 1/2 teaspoons oil and salt and pepper, to taste, until coated well.
- In a large bowl toss onion with 1 1/2 teaspoons oil until coated well and arrange them around asparagus. Roast vegetables in lower third of oven, shaking pan occasionally until tender and lightly browned, about 10 minutes.
- Preheat broiler.
- Grease a large baking sheet. On sheet, arrange 4 tortillas in one layer and divide vegetables, Pepper Jack, and cilantro among them. Cover quesadillas with remaining 4 tortillas.
- Brush top tortillas with remaining 2 tablespoons oil and broil quesadillas about 3 inches from heat until golden brown, about 2 minutes. With a metal spatula, turn quesadillas over, and broil until golden brown, about 2 minutes.
- Make chipotle lime sour cream dip while quesadillas broil.
- In a small bowl, stir chile and lime juice into sour cream until combined well. Dip may be made 2 days ahead and chilled covered. Makes about 1 cup.
- Cut quesadillas into wedges and serve with dip.

Nutrition Facts

PROTEIN 12.34% FAT 32.45% CARBS 55.21%

Properties

Glycemic Index:23, Glycemic Load:43.74, Inflammation Score:-9, Nutrition Score:38.995652172876%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Isorhamnetin: 3.92mg, Isorhamnetin: 3.92mg, Isorhamnetin: 3.92mg, Isorhamnetin: 3.92mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg

Nutrients (% of daily need)

Calories: 1032.63kcal (51.63%), Fat: 37.06g (57.01%), Saturated Fat: 16.51g (103.2%), Carbohydrates: 141.85g (47.28%), Net Carbohydrates: 130.54g (47.47%), Sugar: 13.16g (14.62%), Cholesterol: 42.19mg (14.06%), Sodium: 2212.36mg (96.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.41%), Vitamin B1: 1.49mg (99.1%), Selenium: 68.11µg (97.29%), Phosphorus: 750.33mg (75.03%), Folate: 298.82µg (74.7%), Manganese: 1.49mg (74.61%), Calcium: 661.22mg (66.12%), Iron: 11.55mg (64.19%), Vitamin B3: 12.83mg (64.16%), Vitamin B2: 1.02mg (60.12%), Fiber: 11.32g (45.26%), Vitamin K: 46.83µg (44.6%), Copper: 0.42mg (20.83%), Magnesium: 80.96mg (20.24%), Zinc: 2.74mg (18.28%), Vitamin A: 861.05IU (17.22%), Potassium: 543.91mg (15.54%), Vitamin B6: 0.27mg (13.33%), Vitamin B5: 0.79mg (7.87%), Vitamin E: 0.95mg (6.34%), Vitamin C: 4.96mg (6.01%), Vitamin B12: 0.3µg (4.93%), Vitamin D: 0.17µg (1.13%)