

health-score 97%

HEALTH SCORE

Round 2 -Thanksgiving Quesadilla with Cranberry Cream Dipping Sauce

Very Healthy

READY IN

ready

13 min.

SERVINGS

servings

2

CALORIES

calories

6598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 gallon apple cider divided
- ☐ 1 loaf day old bread diced french
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons canola oil
- ☐ 3 tablespoons canola oil
- ☐ 3 stalks celery diced
- ☐ 29 ounce chicken broth canned

- ☐ 2 eggs beaten
- ☐ 2 large flour tortillas
- ☐ 3 sprigs rosemary fresh
- ☐ 1 bunch sage fresh
- ☐ 1 tablespoon sage leaves fresh chopped
- ☐ 1 bunch thyme leaves fresh divided
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.5 teaspoon ground pepper fresh black
- ☐ 5 cups ice cubes
- ☐ 1 medium onion diced
- ☐ 1 tablespoon poultry seasoning
- ☐ 1 cup salt
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 1 cup cheddar shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 13 pound turkey frozen
- ☐ 6 cups water
- ☐ 20 ounce button mushrooms white
- ☐ 0.3 cup berry cranberry sauce whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ roasting pan

- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ kitchen twine

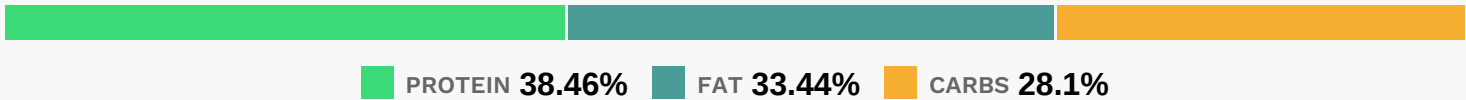
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a large skillet over medium heat.
- ☐ Put 1 flour tortilla into the pan. Cover with half of the cheese, then a layer of turkey, a layer of stuffing. Top with the remaining cheese and cover with another tortilla. Cook for 3 to 4 minutes and flip. To flip, put a large plate on top of the quesadilla in the pan. Put your palm on the plate and flip the pan upside down.
- ☐ Put the pan back on the stove and slide the quesadilla back into the pan. Cook until the cheese is melted, another 3 to 4 minutes.
- ☐ Stir together the sour cream and cranberry sauce in a small serving bowl.
- ☐ Cut the quesadilla into 8 wedges, transfer to a serving platter and serve with cranberry sour cream.
- ☐ In a large pot with a lid that is big enough to fit the turkey, add all but 2 cups apple cider and bring to a boil over medium heat.
- ☐ Add the salt, 3 sprigs of thyme, 3 sprigs rosemary and stir to dissolve the salt.
- ☐ Remove from the heat, add 5 cups of ice, 6 cups water and stir.
- ☐ Put the turkey in the pot with the brine and hold it down so that the cavity fills with the brine. If the turkey is not completely submerged in the brine, add another 2 to 3 cups of water to the pot until covered. Cover the pot with a lid and refrigerate overnight or up to 24 hours.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Remove the turkey from the brine, rinse and pat dry. Arrange it, breast side up, in a roasting pan. Stuff the remaining thyme and the bunch of sage into the cavity and tuck the wings back underneath the bottom of the breast. Tie the legs together with a piece of butcher's twine.
- ☐ In a small bowl combine the canola oil, poultry seasoning and pepper.
- ☐ Brush the turkey liberally until completely coated. Put in the oven and roast until an instant-read thermometer inserted in the thickest part of the thigh registers 165 degrees F, about 2 1/2 to 3 hours. About 30 minutes before the turkey is done, liberally baste the bird with the

cider glaze. Baste with the remaining glaze 2 more times at 10 minute intervals.

- ☐ Remove from the oven and let rest at least 15 minutes before carving.
- ☐ Transfer to a serving platter and serve.
- ☐ In a small saucepan combine the reserved 2 cups of apple cider and 1/4 cup of brown sugar. Simmer until reduced to about 1/2 cup.
- ☐ Preheat the oven to 350 degrees F. Spray a 9 by 13-inch baking dish with cooking spray.
- ☐ Remove the mushroom caps from the stems. Reserve the caps for the online round 2 recipe Stuffed Mushrooms. Roughly chop the stems and set aside.
- ☐ In a large skillet over medium-high heat, add the canola oil. Stir in the onions and celery and cook until softened slightly, about 2 minutes.
- ☐ Add the mushroom stems and herbs and continue to cook until the mushrooms are browned and the vegetables are slightly tender, about 5 minutes.
- ☐ Whisk together the eggs and chicken broth in a large bowl.
- ☐ Add the cubed bread and toss to coat all of the bread. Stir in the cooked onions and mushroom mixture and toss to combine. Season with salt and pepper, to taste.
- ☐ Transfer to the baking dish and bake, covered loosely with foil, for 40 to 50 minutes.
- ☐ Remove the foil for the last 10 minutes of cooking time to brown the top.
- ☐ Remove from the oven and serve.
- ☐ Use the leftovers from this recipe to make quesadillas and stuffed mushrooms.

Nutrition Facts



Properties

Glycemic Index:202.71, Glycemic Load:181.1, Inflammation Score:-10, Nutrition Score:88.536521745765%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 23.66mg, Catechin: 23.66mg, Catechin: 23.66mg, Catechin: 23.66mg Epicatechin: 89.15mg, Epicatechin: 89.15mg, Epicatechin: 89.15mg, Epicatechin: 89.15mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.79mg, Apigenin: 1.79mg, Apigenin: 1.79mg, Apigenin: 1.79mg

1.79mg Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 23.22mg, Quercetin: 23.22mg, Quercetin: 23.22mg, Quercetin: 23.22mg

Nutrients (% of daily need)

Calories: 6598.33kcal (329.92%), Fat: 242.98g (373.81%), Saturated Fat: 64.62g (403.84%), Carbohydrates: 459.36g (153.12%), Net Carbohydrates: 434.42g (157.97%), Sugar: 252.86g (280.95%), Cholesterol: 1966.84mg (655.61%), Sodium: 63407.33mg (2756.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 628.73g (1257.47%), Copper: 28.37mg (1418.42%), Vitamin B3: 202.11mg (1010.57%), Selenium: 687.31µg (981.88%), Vitamin B6: 14.65mg (732.69%), Phosphorus: 5769.49mg (576.95%), Vitamin B12: 30.87µg (514.57%), Vitamin B2: 7.32mg (430.53%), Zinc: 56.66mg (377.73%), Manganese: 7.4mg (369.88%), Vitamin B5: 26.36mg (263.6%), Potassium: 9193.83mg (262.68%), Iron: 44.52mg (247.34%), Magnesium: 947.79mg (236.95%), Vitamin B1: 3.3mg (220.01%), Calcium: 1621.43mg (162.14%), Folate: 593.19µg (148.3%), Fiber: 24.95g (99.79%), Vitamin K: 90.96µg (86.63%), Vitamin E: 11.82mg (78.82%), Vitamin A: 3575.57IU (71.51%), Vitamin D: 8.48µg (56.51%), Vitamin C: 35.54mg (43.08%)