



Samosa Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cabbage very thinly sliced
- 0.5 cup carrots chopped
- 1 tablespoon curry powder
- 8 6-inch flour tortillas fat-free ()
- 1 teaspoon ginger fresh minced peeled
- 2 garlic cloves minced
- 1 tablespoon soya sauce low-sodium
- 4 ounces muenster cheese shredded

- 2 teaspoons olive oil
- 0.5 cup onion chopped
- 0.3 cup peas green frozen thawed
- 1 cup potatoes cooked peeled mashed

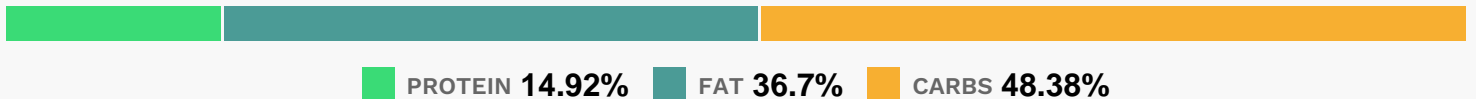
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350
- Heat oil in a large nonstick skillet over medium-high heat.
- Add the cabbage and next 5 ingredients (cabbage through garlic); saut 3 minutes or until the cabbage is crisp-tender.
- Remove from heat; stir in potato, peas, and soy sauce.
- Place 4 tortillas on a large baking sheet.
- Spread about 1/2 cup potato mixture over each tortilla; top each with 1/4 cup cheese and a tortilla.
- Bake at 350 for 15 minutes or until thoroughly heated.
- Cut each quesadilla into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:89.23, Glycemic Load:17.86, Inflammation Score:-9, Nutrition Score:19.508261094923%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 382.1kcal (19.1%), Fat: 15.69g (24.14%), Saturated Fat: 7.52g (47%), Carbohydrates: 46.53g (15.51%), Net Carbohydrates: 40.97g (14.9%), Sugar: 5.72g (6.35%), Cholesterol: 27.22mg (9.07%), Sodium: 783.37mg (34.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.35g (28.71%), Vitamin A: 3062.71IU (61.25%), Calcium: 327.5mg (32.75%), Phosphorus: 326.28mg (32.63%), Manganese: 0.6mg (30.02%), Vitamin C: 23.46mg (28.44%), Vitamin B1: 0.41mg (27.37%), Selenium: 18.47µg (26.39%), Vitamin K: 26.49µg (25.23%), Folate: 92.63µg (23.16%), Fiber: 5.56g (22.26%), Iron: 3.55mg (19.7%), Vitamin B2: 0.33mg (19.18%), Vitamin B3: 3.76mg (18.79%), Vitamin B6: 0.33mg (16.61%), Potassium: 511.61mg (14.62%), Magnesium: 49.1mg (12.27%), Zinc: 1.59mg (10.63%), Copper: 0.18mg (9.1%), Vitamin B12: 0.42µg (6.95%), Vitamin E: 0.86mg (5.76%), Vitamin B5: 0.45mg (4.45%), Vitamin D: 0.17µg (1.13%)