




 **66%**  
HEALTH SCORE

# Sausage and Potato Quesadillas


 Very Healthy

READY IN




45 min.

SERVINGS



4

CALORIES



4330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 pound baking potato peeled cut into 1/4-inch cubes
- 0.5 cup cilantro leaves
- 1 tablespoon cooking oil
- 72 inch flour tortillas
- 1 pound chorizo fresh
- 2 cups monterey jack grated
- 0.8 teaspoon paprika hot
- 0.3 cup onion red chopped

- 0.3 teaspoon salt

## Equipment

- frying pan
- baking sheet
- oven
- slotted spoon

## Directions

- Heat the oven to 42
- In a large nonstick frying pan, cook the sausage over moderately high heat, breaking it up with a fork, until browned, about 5 minutes. With a slotted spoon, remove the sausage from the pan.
- Pour off the fat from the pan.
- Heat the 1 tablespoon oil in the pan over moderate heat.
- Add the potato, 1/2 teaspoon of the paprika, and the salt and cook, stirring occasionally, until tender, about 10 minutes.
- Put four of the tortillas on a work surface. Put half of the sausage, potato, onion, cilantro, and cheese on the tortillas, spreading the ingredients all the way to the edge, and top with four more tortillas. Repeat with the remaining sausage, potato, onion, cilantro, and cheese and cover with the remaining four tortillas.
- Brush the tops of the quesadillas with the remaining 1 teaspoon oil and sprinkle with the remaining 1/4 teaspoon paprika.
- Put the quesadillas on a baking sheet and bake until the cheese melts, about 5 minutes.
- Cut into wedges and serve.
- Wine Recommendation: Many Portuguese reds have rustic personalities that will suit the mood of this dish well. The rich, hefty wines from the Do or Douro regions are your best bets, but even the medium-bodied reds from elsewhere in Portugal have enough substance to stand up to chorizo.

## Nutrition Facts



■ PROTEIN 12.05% ■ FAT 28.66% ■ CARBS 59.29%

## Properties

Glycemic Index:54.94, Glycemic Load:205.02, Inflammation Score:-10, Nutrition Score:65.338260909785%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

## Nutrients (% of daily need)

Calories: 4330.45kcal (216.52%), Fat: 136.26g (209.63%), Saturated Fat: 57.01g (356.3%), Carbohydrates: 634.28g (211.43%), Net Carbohydrates: 589.09g (214.21%), Sugar: 47.86g (53.18%), Cholesterol: 130.29mg (43.43%), Sodium: 9763.49mg (424.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 128.87g (257.73%), Vitamin B1: 6.4mg (426.66%), Selenium: 289.49µg (413.56%), Manganese: 6.35mg (317.37%), Folate: 1205.83µg (301.46%), Phosphorus: 2882.68mg (288.27%), Vitamin B3: 56.4mg (282.01%), Iron: 48.01mg (266.7%), Calcium: 2295.91mg (229.59%), Vitamin B2: 3.8mg (223.69%), Fiber: 45.19g (180.78%), Vitamin K: 102.19µg (97.32%), Magnesium: 307.69mg (76.92%), Copper: 1.4mg (69.9%), Zinc: 8.58mg (57.21%), Potassium: 1890.8mg (54.02%), Vitamin B6: 1.01mg (50.33%), Vitamin C: 25.09mg (30.41%), Vitamin A: 1326.34IU (26.53%), Vitamin B5: 2.39mg (23.89%), Vitamin B12: 0.47µg (7.82%), Vitamin E: 0.93mg (6.17%), Vitamin D: 0.34µg (2.26%)