

Seriously, The Best Homemade Quesadillas

READY IN



30 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 7-inch flour tortillas homemade () (I highly recommend this recipe from Rick Bayless)
- ☐ 6 servings picked jalapeños sliced
- ☐ 10 ounces queso quesadilla fresh shredded with mexican cheeses),

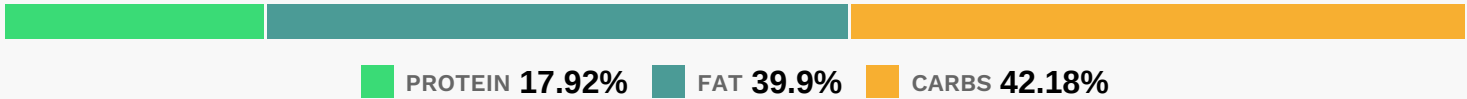
Equipment

- ☐ grill
- ☐ panini press

Directions

☐ Heat the panini press to medium-high heat. If your panini press comes with flat plates, I'd recommend using them. For each quesadilla: Arrange a handful of cheese on top of one tortilla. Scatter jalapeños over the cheese, if using. Close the quesadilla with a second tortilla. Carefully transfer the quesadilla to the panini press and close the lid (if your press has a height adjustment feature, adjust it so the upper plate rests on the quesadilla without squeezing it too much). Grill each quesadilla, one at a time, with the closed until the cheese is melted and the tortillas are browned and toasted, about 3 minutes. Slice into wedges and serve with condiments such as salsa, guacamole and sour cream.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:14.39, Inflammation Score:-3, Nutrition Score:11.814782622068%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 433.91kcal (21.7%), Fat: 19.17g (29.5%), Saturated Fat: 10.3g (64.35%), Carbohydrates: 45.61g (15.2%), Net Carbohydrates: 42.32g (15.39%), Sugar: 3.52g (3.91%), Cholesterol: 50.56mg (16.85%), Sodium: 913.44mg (39.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.38g (38.76%), Calcium: 472.12mg (47.21%), Vitamin B1: 0.46mg (30.92%), Selenium: 20.53µg (29.32%), Manganese: 0.46mg (22.85%), Folate: 87.15µg (21.79%), Vitamin B3: 4.1mg (20.49%), Phosphorus: 190.17mg (19.02%), Iron: 3.35mg (18.59%), Vitamin B2: 0.26mg (15.36%), Fiber: 3.29g (13.16%), Vitamin K: 7.09µg (6.75%), Magnesium: 20.61mg (5.15%), Copper: 0.1mg (4.84%), Vitamin C: 2.96mg (3.59%), Potassium: 121.2mg (3.46%), Zinc: 0.49mg (3.27%), Vitamin B6: 0.06mg (3.24%), Vitamin B5: 0.16mg (1.59%)