



Smoked Cheddar Quesadillas with Yellow Tomato Salsa and Cilantro Lime Sour Cream

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



1014 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves
- 4 servings coarse salt
- 4 servings coarse salt and pepper black
- 1 cup corn kernels frozen
- 4 12-inch flour tortillas ()
- 1 tablespoon cilantro leaves fresh chopped
- 2 tablespoons mint leaves fresh chopped

- 1 jalapeno seeded chopped
- 1 juice of lime juiced
- 1 tablespoon olive oil extra-virgin
- 0.5 pound jalapeno pepper jack cheese
- 0.3 medium onion red finely chopped
- 2 cups reduced fat cream sour
- 0.5 pound cheddar cheese smoked white (preferred brand Cabot Vermont Cheddar)
- 3 tomatoes yellow seeded chopped

Equipment

- food processor
- bowl
- frying pan
- stove
- spatula

Directions

- Combine chopped tomatoes, onions, jalapeno, mint and cilantro in a small bowl and season generously with salt. Toss salsa and set aside.
- Combine sour cream, lime zest and juice and cilantro leaves in food processor and process until smooth and light green.
- Transfer to a small serving bowl. Sour cream can be used to top soup or quesadilla or both.
- Heat a large skillet over high heat.
- Add oil and corn and quickly toss to warm. Season corn with salt and pepper and transfer onto a plate. Shred your cheeses, wipe out your pan and return it to the stove top over medium high heat.
- Add a flour tortilla to the skillet. Cook 30 seconds, then flip tortilla. Cover half the surface of the tortilla generously with smoked cheddar, pepper Jack and 1/4 corn. Fold tortillas over and press down gently with a spatula. Turn tortilla a few times to melt cheese.
- Remove quesadilla from the skillet and cut into wedges. Top with salsa and sour cream.

Nutrition Facts

PROTEIN 16.36% FAT 54.58% CARBS 29.06%

Properties

Glycemic Index:52.75, Glycemic Load:18.45, Inflammation Score:-9, Nutrition Score:31.272173612014%

Flavonoids

Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 1014.23kcal (50.71%), Fat: 61.81g (95.1%), Saturated Fat: 33.23g (207.7%), Carbohydrates: 74.05g (24.68%), Net Carbohydrates: 68.76g (25%), Sugar: 7.35g (8.16%), Cholesterol: 147.41mg (49.14%), Sodium: 2119.18mg (92.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.68g (83.36%), Calcium: 1163.88mg (116.39%), Phosphorus: 853.35mg (85.34%), Selenium: 53.57µg (76.53%), Vitamin B2: 0.98mg (57.73%), Vitamin B1: 0.67mg (44.6%), Folate: 163.85µg (40.96%), Zinc: 5.15mg (34.34%), Manganese: 0.67mg (33.57%), Vitamin A: 1621.84IU (32.44%), Vitamin B3: 5.74mg (28.69%), Iron: 5.03mg (27.95%), Vitamin B12: 1.55µg (25.91%), Fiber: 5.29g (21.16%), Magnesium: 76.73mg (19.18%), Vitamin K: 17.8µg (16.95%), Potassium: 579.5mg (16.56%), Vitamin C: 9.76mg (11.83%), Vitamin B6: 0.22mg (11.02%), Vitamin E: 1.63mg (10.86%), Copper: 0.21mg (10.27%), Vitamin B5: 0.73mg (7.3%), Vitamin D: 0.91µg (6.07%)