



Smoked Salmon Quesadilla

READY IN



25 min.

SERVINGS



4

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado sliced
- 5 ounces garlic herb cheese softened (recommended: Boursin)
- 2 tablespoons capers
- 1.5 cups cherry tomatoes halved
- 4 servings crème fraîche
- 8 flour tortillas
- 1 tablespoon optional: dill fresh finely chopped
- 1 cup monterrey jack cheese shredded
- 0.5 onion red sliced

- 6 ounces salmon smoked
- 0.5 cup cup heavy whipping cream sour

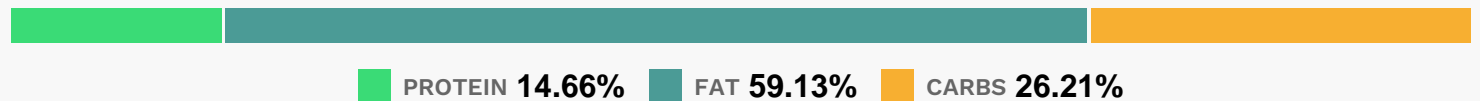
Equipment

- bowl
- grill

Directions

- Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- Lay out 4 tortillas; spread each with half of the herb cheese. Divide and top each tortilla with salmon, capers, and jack cheese. Top with remaining tortillas.
- In a small bowl, combine sour cream with dill; set aside. Grill tortillas on hot oiled grill 3 to 4 minutes per side or until cheese has melted.
- Serve hot topped with sliced avocado, cherry tomatoes, and onion rings.
- Garnish with creme fraiche.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:10.07, Inflammation Score:-8, Nutrition Score:23.878695736761%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg

Nutrients (% of daily need)

Calories: 639.59kcal (31.98%), Fat: 42.92g (66.03%), Saturated Fat: 19.69g (123.05%), Carbohydrates: 42.82g (14.27%), Net Carbohydrates: 36.59g (13.31%), Sugar: 6.08g (6.75%), Cholesterol: 97.49mg (32.5%), Sodium:

1270.75mg (55.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.94g (47.87%), Vitamin D: 7.44µg (49.61%), Selenium: 33.36µg (47.66%), Phosphorus: 395.97mg (39.6%), Calcium: 361.33mg (36.13%), Vitamin B3: 5.94mg (29.69%), Folate: 116.43µg (29.11%), Vitamin B12: 1.71µg (28.44%), Vitamin B2: 0.48mg (28.12%), Vitamin B1: 0.38mg (25.66%), Fiber: 6.22g (24.89%), Vitamin C: 19.41mg (23.52%), Manganese: 0.46mg (23.17%), Iron: 3.53mg (19.61%), Vitamin B6: 0.38mg (19.18%), Vitamin K: 18.84µg (17.94%), Potassium: 611.17mg (17.46%), Vitamin A: 868.22IU (17.36%), Copper: 0.33mg (16.72%), Vitamin E: 2.19mg (14.62%), Vitamin B5: 1.45mg (14.53%), Magnesium: 54.91mg (13.73%), Zinc: 1.87mg (12.46%)