



## Smoked Turkey and Arugula Quesadillas

READY IN



45 min.

SERVINGS



4

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 pound arugula thick
- 4 10-inch flour tortillas
- 4 servings hot sauce and lime wedges for serving
- 2 teaspoons juice of lime fresh
- 1 tablespoon olive oil extra-virgin
- 0.5 pound pepper jack cheese shredded thinly sliced
- 2 plum tomatoes--halved diced seeded
- 4 servings salt and pepper freshly ground
- 1 teaspoon cup heavy whipping cream sour plus more for serving

- 0.8 pound turkey smoked thinly sliced
- 4 servings vegetable oil for brushing

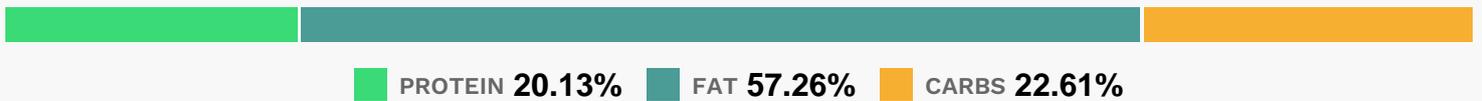
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat the oven to 45
- Lightly brush 2 large baking sheets with oil and heat in the oven for 5 minutes. Lightly oil 1 side of each tortilla and place them, oiled side down, on the baking sheet.
- Layer the cheese and turkey on the tortillas and bake until the cheese is melted and the bottoms of the tortillas are golden, 4 to 5 minutes.
- Meanwhile, in a large bowl, mix the olive oil with the lime juice and sour cream.
- Add the arugula and tomatoes, season with salt and pepper and toss well.
- Transfer the tortillas to a work surface, top with the arugula salad and fold in half to close.
- Cut each quesadilla into 3 wedges and serve right away with sour cream, hot sauce and lime wedges on the side.

## Nutrition Facts



## Properties

Glycemic Index:32.75, Glycemic Load:11.9, Inflammation Score:-9, Nutrition Score:31.823478304822%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg Kaempferol: 29.7mg, Kaempferol: 29.7mg, Kaempferol: 29.7mg, Kaempferol: 29.7mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

6.93mg, Quercetin: 6.93mg

## **Nutrients (% of daily need)**

Calories: 694.99kcal (34.75%), Fat: 44.5g (68.46%), Saturated Fat: 16.56g (103.48%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 35.34g (12.85%), Sugar: 5.55g (6.17%), Cholesterol: 94.53mg (31.51%), Sodium: 1144.4mg (49.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.2g (70.4%), Vitamin K: 129.49µg (123.33%), Calcium: 672.52mg (67.25%), Phosphorus: 559.23mg (55.92%), Vitamin A: 2753.91IU (55.08%), Selenium: 36.99µg (52.84%), Folate: 167.7µg (41.92%), Vitamin B3: 8.2mg (41.01%), Vitamin B2: 0.61mg (35.97%), Manganese: 0.67mg (33.44%), Vitamin B1: 0.44mg (29.29%), Vitamin B6: 0.54mg (26.81%), Iron: 4.82mg (26.79%), Zinc: 3.61mg (24.03%), Magnesium: 89.5mg (22.37%), Vitamin C: 17.84mg (21.62%), Vitamin B12: 1.21µg (20.16%), Potassium: 660.38mg (18.87%), Fiber: 4.19g (16.77%), Vitamin E: 2.39mg (15.96%), Vitamin B5: 1.13mg (11.29%), Copper: 0.22mg (11.07%), Vitamin D: 0.52µg (3.48%)