



Smoked Turkey and Mango Quesadillas

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon juice of lime
- 1 small mangos pitted peeled cut into 1/4-inch dice
- 6 ounces monterey jack shredded low-fat
- 0.5 bell pepper red seeded cut into 1/4-inch dice
- 0.3 teaspoon pepper flakes red crushed
- 2 scallions finely chopped
- 8 8-inch tortillas whole-wheat
- 8 ounces turkey smoked sliced

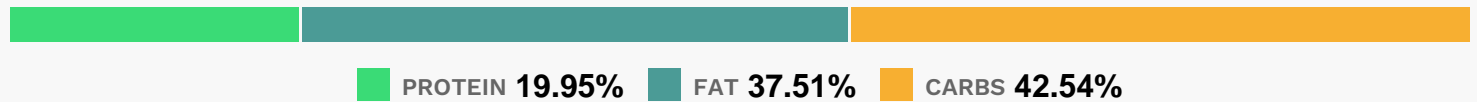
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 250F. In a bowl, mix mango, bell pepper, scallions, lime juice and red pepper flakes.
- Arrange turkey on top of 4 tortillas. Top with mango mixture and shredded cheese, then top with remaining 4 tortillas.
- Warm a large, nonstick skillet over medium heat. Cook quesadillas 1 at a time, turning once, until golden brown on both sides, about 8 minutes total.
- Transfer to a large plate and keep warm in oven while cooking remaining quesadillas (you can stack them all on one plate). When all the quesadillas have been cooked, cut each into wedges and serve hot.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:7.95, Inflammation Score:-6, Nutrition Score:10.059130368025%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 226.25kcal (11.31%), Fat: 9.43g (14.51%), Saturated Fat: 4.7g (29.38%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 22.09g (8.03%), Sugar: 4.78g (5.31%), Cholesterol: 26.73mg (8.91%), Sodium: 422.06mg (18.35%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.57%), Selenium: 15.15µg (21.64%), Phosphorus: 194.73mg (19.47%), Vitamin C: 16.05mg (19.46%), Calcium: 193.03mg (19.3%), Vitamin B3: 3.27mg (16.33%), Vitamin B1: 0.23mg (15.09%), Folate: 55.88µg (13.97%), Vitamin B2: 0.23mg (13.34%), Vitamin A: 589.59IU (11.79%), Manganese: 0.23mg (11.5%), Iron: 1.85mg (10.26%), Vitamin K: 9.55µg (9.1%), Vitamin B6: 0.18mg (8.95%), Fiber: 1.97g (7.88%), Zinc: 1.06mg (7.06%), Vitamin B12: 0.34µg (5.63%), Magnesium: 21.05mg (5.26%), Potassium: 157.53mg (4.5%), Copper: 0.09mg (4.36%), Vitamin B5: 0.3mg (2.97%), Vitamin E: 0.37mg (2.5%)