



## Smoked Turkey Quesadillas

READY IN



30 min.

SERVINGS



4

CALORIES



935 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 avocado pitted ripe peeled
- 4 oz cream cheese softened reduced-fat (half of 8-oz package) (Neufchâtel)
- 0.5 teaspoon ground cumin
- 0.3 teaspoon garlic powder
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 0.5 cup julienne-cut oil-packed sun-dried tomatoes drained
- 4 oz chilis green drained chopped canned
- 1 cup monterrey jack cheese shredded with jalapeño peppers or regular monterey jack cheese (4 oz)

- 11 oz flour tortilla for burritos (8 count)
- 12 oz turkey breast smoked
- 4 oz cheddar cheese shredded
- 2 tablespoons butter
- 4 olives ripe

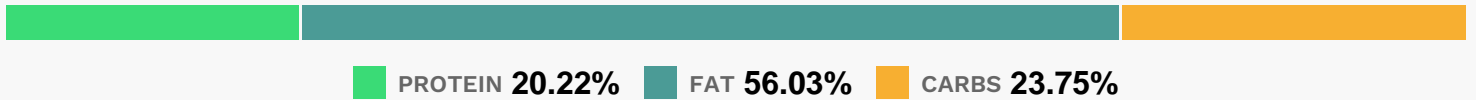
## Equipment

- bowl
- frying pan

## Directions

- In medium bowl, mash avocado. Stir in cream cheese, cumin, garlic powder, salt and pepper. Stir in tomatoes and chiles.
- Sprinkle 3/4 cup of the Monterey Jack cheese on 4 of the tortillas. Top each with turkey slice.
- Spread avocado mixture over turkey. Top with remaining turkey slices.
- Sprinkle with 3/4 cup of the Cheddar cheese. Top with remaining tortillas.
- In 12-inch skillet, melt 1/2 tablespoon of the butter over medium heat.
- Add 1 quesadilla; cook 2 to 4 minutes, turning once, until golden brown. Repeat with remaining butter and quesadillas.
- Garnish with remaining Monterey Jack and Cheddar cheeses. Top each with olive slice.

## Nutrition Facts



## Properties

Glycemic Index:42.5, Glycemic Load:12.79, Inflammation Score:-9, Nutrition Score:39.629130135412%

## 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: 0.02mg, Luteolin: 0.02mg,

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## Nutrients (% of daily need)

Calories: 934.85kcal (46.74%), Fat: 59.45g (91.46%), Saturated Fat: 19.9g (124.37%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 49.93g (18.16%), Sugar: 5.18g (5.76%), Cholesterol: 114.73mg (38.24%), Sodium: 1597.01mg (69.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.26g (96.52%), Phosphorus: 932.02mg (93.2%), Vitamin B3: 14.76mg (73.81%), Selenium: 50.33µg (71.9%), Calcium: 641.77mg (64.18%), Vitamin B6: 1.19mg (59.46%), Manganese: 1.17mg (58.63%), Folate: 229.01µg (57.25%), Magnesium: 193.41mg (48.35%), Vitamin B2: 0.81mg (47.42%), Copper: 0.84mg (42.11%), Vitamin B5: 4.21mg (42.09%), Vitamin B1: 0.58mg (38.8%), Zinc: 5.66mg (37.72%), Iron: 5.97mg (33.17%), Fiber: 6.77g (27.07%), Vitamin B12: 1.34µg (22.31%), Vitamin A: 1070.42IU (21.41%), Potassium: 729.34mg (20.84%), Vitamin C: 15.63mg (18.95%), Vitamin K: 18.04µg (17.18%), Vitamin E: 1.83mg (12.22%), Vitamin D: 0.51µg (3.4%)