



Smoked Turkey Quesadillas

READY IN



30 min.

SERVINGS



4

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado pitted ripe peeled
- 2 tablespoons butter
- 4.5 oz chilis green drained chopped canned
- 11 oz flour tortilla for burritos (8 tortillas;
- 0.3 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 4 oz cream cheese softened reduced-fat (half of 8-oz package) (Neufchâtel)
- 1 cup monterrey jack cheese shredded with jalapeño peppers or regular monterey jack cheese (4 oz)
- 0.5 cup sun-dried tomatoes drained

- 4 olives ripe
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 4 oz cheddar cheese shredded
- 12 oz turkey breast smoked

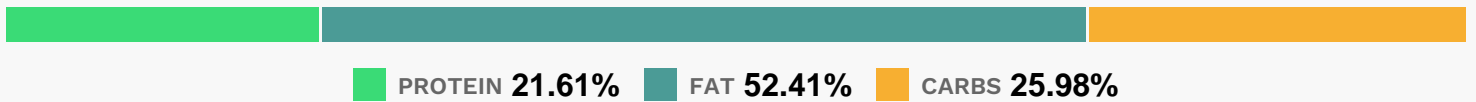
Equipment

- 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:-8, Nutrition Score:32.6800004503%

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: 776.71kcal (38.84%), Fat: 45.89g (70.6%), Saturated Fat: 18.54g (115.85%), Carbohydrates: 51.17g (17.06%), Net Carbohydrates: 43.54g (15.83%), Sugar: 5.18g (5.76%), Cholesterol: 114.73mg (38.24%), Sodium: 1646.68mg (71.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.58g (85.16%), Selenium: 50.75µg (72.5%), Phosphorus: 712.32mg (71.23%), Vitamin B3: 13.56mg (67.8%), Calcium: 609.86mg (60.99%), Vitamin B6: 0.98mg (48.86%), Vitamin B2: 0.76mg (44.85%), Folate: 157.06µg (39.27%), Vitamin C: 29.97mg (36.32%), Vitamin B1: 0.51mg (34.09%), Fiber: 7.63g (30.5%), Manganese: 0.55mg (27.7%), Iron: 4.86mg (26.99%), Zinc: 4.05mg (26.97%), Potassium: 925.13mg (26.43%), Vitamin A: 1234.81IU (24.7%), Vitamin B12: 1.34µg (22.31%), Magnesium: 84.77mg (21.19%), Vitamin B5: 2mg (20.03%), Vitamin K: 18.04µg (17.18%), Copper: 0.32mg (16.11%), Vitamin E: 1.83mg (12.22%), Vitamin D: 0.51µg (3.4%)