



Smokehouse Burger Quesadillas

READY IN



35 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbeque sauce
- ☐ 4 flour tortillas
- ☐ 1 cup french-fried onions
- ☐ 1 pound ground beef lean
- ☐ 0.5 onion cut into 1-inch pieces
- ☐ 1 cup cheddar cheese shredded

Equipment

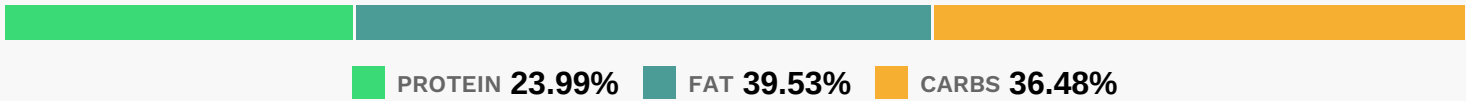
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ pizza cutter

Directions

- ☐ Heat a large skillet over medium-high heat. Cook and stir beef and onion in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Stir barbeque sauce into ground beef mixture and simmer until heated through, about 5 minutes.
- ☐ Preheat quesadilla maker or preheat oven to 350 degrees F (175 degrees C)
- ☐ Spread 1/2 the ground beef mixture onto a tortilla and top with 1/2 the Cheddar cheese and 1/2 the French-fried onions; top with a second tortilla. Repeat with remaining ingredients.
- ☐ Cook each quesadilla in quesadilla maker or on a baking sheet in preheated oven until golden brown and cheese is melted, 5 to 10 minutes.
- ☐ Cut into triangles with a pizza cutter.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:5.15, Inflammation Score:-5, Nutrition Score:19.818695695504%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 578.4kcal (28.92%), Fat: 24.94g (38.37%), Saturated Fat: 11.8g (73.76%), Carbohydrates: 51.8g (17.27%), Net Carbohydrates: 49.87g (18.14%), Sugar: 25.53g (28.36%), Cholesterol: 98.56mg (32.85%), Sodium: 1334.02mg (58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.06g (68.12%), Selenium: 35.41µg (50.59%), Zinc: 7.11mg (47.42%), Vitamin B12: 2.84µg (47.33%), Phosphorus: 434mg (43.4%), Vitamin B3: 8.01mg (40.07%), Calcium: 280.49mg (28.05%), Vitamin B6: 0.55mg (27.59%), Vitamin B2: 0.44mg (25.62%), Iron: 4.32mg (24%), Potassium: 637.56mg (18.22%), Vitamin B1: 0.23mg (15.22%), Manganese: 0.27mg (13.51%), Magnesium: 49.85mg (12.46%), Folate: 43.84µg (10.96%), Vitamin B5: 1.03mg (10.28%), Copper: 0.18mg (9.23%), Vitamin A: 443.5IU (8.87%), Fiber: 1.93g (7.71%), Vitamin E: 1.1mg (7.36%), Vitamin K: 4.52µg (4.3%), Vitamin D: 0.28µg (1.89%), Vitamin C: 1.45mg

(1.75%)