



WHATSheATE



South Meets West Quesadillas

READY IN



45 min.

SERVINGS



8

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 4 tablespoons butter
- ☐ 8 10-inch flour tortillas es
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 1 pound barbecue pork shredded
- ☐ 1 cup onion red chopped
- ☐ 1 cup cheddar shredded

☐ 1 cup cup heavy whipping cream sour

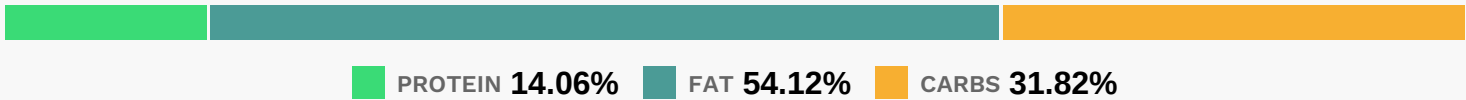
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium bowl, combine the barbecue sauce and sour cream for the dipping sauce.
- ☐ In a large skillet, heat the olive oil over medium-high heat.
- ☐ Add the onions and saute until browned, about 7 minutes.
- ☐ Transfer the onions to a small bowl and wipe the skillet clean.
- ☐ Add 1 tablespoon butter and the pork to the skillet and cook until heated through.
- ☐ Transfer the pork to a plate.
- ☐ Arrange the onions, pork, cheeses and cilantro evenly on one side of each tortilla. Fold the tortillas over to cover the filling. Melt 1 tablespoon butter in the skillet.
- ☐ Place 2 folded tortillas in the skillet and cook until browned and the cheese melts, 2 to 3 minutes. Flip and cook the other side until browned, 2 to 3 minutes more.
- ☐ Transfer to plates. Repeat with the remaining quesadillas and butter.
- ☐ Cut the quesadillas into wedges and serve with the dipping sauce.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:11.46, Inflammation Score:-7, Nutrition Score:19.16304333832%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 665.94kcal (33.3%), Fat: 39.94g (61.45%), Saturated Fat: 18.68g (116.77%), Carbohydrates: 52.85g (17.62%), Net Carbohydrates: 49.71g (18.08%), Sugar: 16.42g (18.25%), Cholesterol: 99.53mg (33.18%), Sodium: 1147.52mg (49.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.72%), Selenium: 37.31µg (53.3%), Vitamin B1: 0.8mg (53.17%), Phosphorus: 407.79mg (40.78%), Calcium: 363.18mg (36.32%), Vitamin B2: 0.53mg (30.93%), Vitamin B3: 5.85mg (29.26%), Manganese: 0.43mg (21.64%), Folate: 81.21µg (20.3%), Iron: 3.48mg (19.36%), Zinc: 2.76mg (18.41%), Vitamin B6: 0.34mg (17.18%), Vitamin A: 756.13IU (15.12%), Fiber: 3.14g (12.56%), Vitamin B12: 0.74µg (12.27%), Potassium: 427.53mg (12.22%), Vitamin K: 11.53µg (10.98%), Magnesium: 43.72mg (10.93%), Vitamin B5: 0.77mg (7.75%), Copper: 0.15mg (7.42%), Vitamin E: 0.98mg (6.54%), Vitamin C: 2.62mg (3.18%), Vitamin D: 0.17µg (1.13%)