



South Western Corned Beef Quesadillas!

READY IN



15 min.

SERVINGS



2

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup corned beef brisket shredded leftover
- 2 8-inch flour tortillas ()
- 2 tablespoons chilies diced green
- 0.5 cup monterrey jack cheese shredded

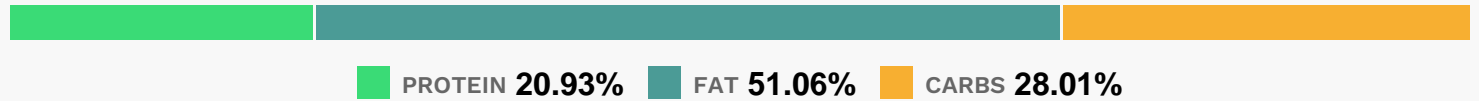
Equipment

- bowl
- frying pan
- microwave

Directions

- Warm corned beef in a small bowl in microwave on High, 30 seconds to 1 minute.
- Heat a skillet over medium heat.
- Place 1 tortilla in the hot skillet.
- Sprinkle with Monterey Jack cheese, corned beef, and green chilies.
- Top with the other tortilla.
- Heat until bottom tortilla is golden brown, 2 to 4 minutes . Carefully flip and heat until other side is golden brown and cheese is melted, 2 to 4 minutes.
- Cut in half to serve.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:8.01, Inflammation Score:-4, Nutrition Score:13.940434875696%

Nutrients (% of daily need)

Calories: 382.59kcal (19.13%), Fat: 21.45g (33%), Saturated Fat: 9.68g (60.52%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 24.19g (8.8%), Sugar: 2.53g (2.81%), Cholesterol: 57.08mg (19.03%), Sodium: 1314.63mg (57.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.57%), Selenium: 26.71µg (38.15%), Phosphorus: 299.69mg (29.97%), Calcium: 289.35mg (28.93%), Vitamin B3: 4.45mg (22.23%), Vitamin C: 17.77mg (21.54%), Vitamin B12: 1.29µg (21.45%), Vitamin B2: 0.35mg (20.4%), Vitamin B1: 0.29mg (19.08%), Zinc: 2.8mg (18.69%), Iron: 3.05mg (16.97%), Folate: 55.98µg (14%), Manganese: 0.27mg (13.34%), Vitamin B6: 0.22mg (11.2%), Fiber: 2.28g (9.12%), Potassium: 262.3mg (7.49%), Magnesium: 27.13mg (6.78%), Copper: 0.13mg (6.36%), Vitamin B5: 0.48mg (4.8%), Vitamin A: 217.24IU (4.34%), Vitamin K: 4.38µg (4.17%), Vitamin D: 0.17µg (1.13%)