



Southwestern Quesadilla

READY IN



85 min.

SERVINGS



6

CALORIES



1086 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons pepper black freshly ground
- ☐ 0.7 cup chicken broth
- ☐ 2 ounces chipotle chiles in adobo sauce
- ☐ 12 10-inch flour tortillas
- ☐ 1 cup basil leaves fresh packed
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon ground sage
- ☐ 2 pounds pd of ground turkey
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 1 tablespoon oregano dried
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 cup pinenuts
- ☐ 0.8 cup roasted bell peppers red cut into 1/4-inch long strips
- ☐ 1 tablespoon salt
- ☐ 3 tablespoons salt
- ☐ 1.5 pound mozzarella cheese shredded

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ grill

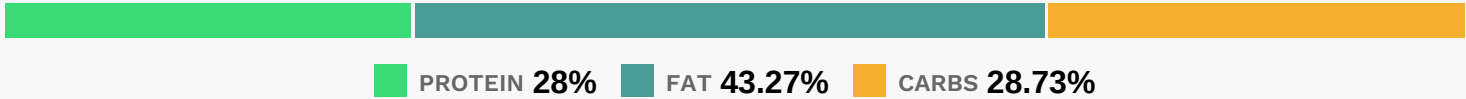
Directions

- ☐ Arrange flour tortillas on a table. Six of the tortillas will be sandwich tops and 6 will be bottoms.
- ☐ Sprinkle the turkey sausage evenly on 6 bottom tortillas. Next, sprinkle 4 to 5 ounces of mozzarella cheese over the turkey sausage. (As the quesadillas cook, the cheese will melt and act as glue to hold the quesadilla together.)
- ☐ Add 5 or 6 strips of red bell pepper over the mozzarella and turkey sausage. Finally, spread a thin layer of basil pesto on each of the remaining 6 flour tortilla tops and press it firmly on top of the bottom tortilla section.
- ☐ Preheat your grill to low heat.
- ☐ Place the quesadillas on the grill and cook until grill marks are present and the quesadilla turns golden brown, about 5 minutes. The inside should be warm and the cheese should be melted. Once finished cooking, remove the quesadilla from the grill, cut into 6 wedges, and serve with your favorite salsa.
- ☐ Place the chicken broth and chipotle chiles with adobo sauce in a blender, and puree until smooth, about 1 minute. In a large skillet over medium high heat, begin cooking the turkey sausage. Then add in the chipotle chile mixture and cook until the meat is crumbly and well done, about 10 to 15 minutes. Toward the end of the cooking, add in your sage, oregano,

cumin, salt, and pepper. Cool the sausage mixture before spooning it onto the tortillas.

- ☐
- Put the basil and olive oil into a food processor and blend until smooth. Next, add the pecans, Parmesan, and salt. Continue to blend until smooth, adding more olive oil, if necessary, to achieve a smooth consistency.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:22.86, Inflammation Score:-9, Nutrition Score:48.721739126288%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 1085.77kcal (54.29%), Fat: 52.35g (80.54%), Saturated Fat: 21.56g (134.77%), Carbohydrates: 78.23g (26.08%), Net Carbohydrates: 70.59g (25.67%), Sugar: 7.63g (8.48%), Cholesterol: 176.1mg (58.7%), Sodium: 6875.55mg (298.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.22g (152.44%), Selenium: 85.31µg (121.87%), Phosphorus: 1143.12mg (114.31%), Vitamin B3: 21.81mg (109.03%), Manganese: 2.16mg (108.2%), Calcium: 887.93mg (88.79%), Vitamin B6: 1.5mg (74.99%), Vitamin B1: 0.9mg (59.88%), Vitamin B12: 3.41µg (56.86%), Vitamin B2: 0.95mg (55.88%), Zinc: 7.76mg (51.72%), Iron: 9.23mg (51.28%), Vitamin K: 51.81µg (49.35%), Folate: 164.6µg (41.15%), Magnesium: 143.02mg (35.76%), Fiber: 7.63g (30.54%), Potassium: 879.78mg (25.14%), Copper: 0.48mg (24.22%), Vitamin A: 1200.65IU (24.01%), Vitamin B5: 1.83mg (18.27%), Vitamin E: 2.17mg (14.48%), Vitamin C: 9.15mg (11.09%), Vitamin D: 1.08µg (7.19%)