



Spicy Steak Quesadilla

READY IN



25 min.

SERVINGS



4

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cheddar grated
- 4 servings cilantro sprigs for garnish
- 4 12-inch flour tortillas ()
- 1 tablespoons jalapeño minced
- 0.3 cup salsa plus more for serving
- 8 ounces rump steak thinly sliced
- 4 servings vegetable oil for cooking

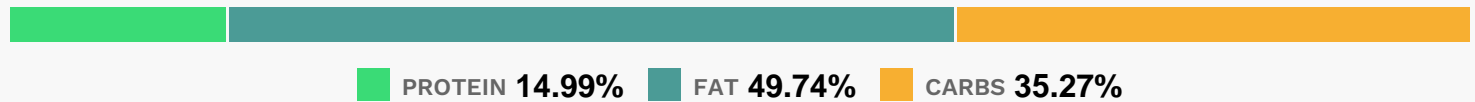
Equipment

frying pan

Directions

- Lay out 2 of the flour tortillas on a flat surface. Top with 1/2 cup of the Cheddar, spreading evenly over the tortillas. Divide the steak among the tortillas and sprinkle with the desired amount of jalapeno. Top with salsa and remaining 1/4 cup cheese. Top with remaining tortillas and press to seal.
- Heat a large saute pan over high heat.
- Add enough oil to coat the bottom of the pan and lower the heat to medium. Cook until golden brown on both sides, about 3 minutes per side. Repeat with the other quesadilla.
- Let cool for 5 minutes. Slice into 8 or 10 pieces.
- Garnish with salsa and cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:17.93, Inflammation Score:-6, Nutrition Score:21.551304052705%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 661.92kcal (33.1%), Fat: 36.36g (55.94%), Saturated Fat: 11.59g (72.44%), Carbohydrates: 58g (19.33%), Net Carbohydrates: 53.61g (19.5%), Sugar: 5.05g (5.61%), Cholesterol: 45.88mg (15.29%), Sodium: 1068.79mg (46.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.66g (49.31%), Selenium: 38.94µg (55.62%), Vitamin B1: 0.64mg (42.76%), Phosphorus: 404.41mg (40.44%), Vitamin B3: 7.34mg (36.68%), Vitamin K: 35.98µg (34.27%), Iron: 5.38mg (29.9%), Manganese: 0.59mg (29.72%), Vitamin B2: 0.49mg (29.05%), Folate: 115.25µg (28.81%), Vitamin B12: 1.73µg (28.77%), Calcium: 274.77mg (27.48%), Zinc: 3.02mg (20.14%), Fiber: 4.39g (17.56%), Vitamin B6: 0.34mg (16.85%), Potassium: 380.32mg (10.87%), Magnesium: 43.26mg (10.81%), Vitamin E: 1.59mg (10.57%), Copper: 0.18mg (9.03%), Vitamin C: 4.78mg (5.8%), Vitamin A: 266.71IU (5.33%), Vitamin B5: 0.47mg (4.66%)