



WHATSheATE



Squash Blossom Quesadillas with Bacon and Tomatoes

READY IN



25 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces cherry tomatoes chopped
- ☐ 1 Handful cilantro leaves chopped
- ☐ 4 10-inch flour tortilla ()
- ☐ 1 teaspoon garlic minced
- ☐ 0.8 cup monterrey jack cheese grated
- ☐ 1 jalapeno diced stemmed seeded
- ☐ 4 servings kosher salt
- ☐ 1 lime cut into 4 wedges

- ☐ 20 squash blossoms cold rinsed roughly chopped
- ☐ 4 slices bacon thick-cut cut into 1-inch pieces

Equipment

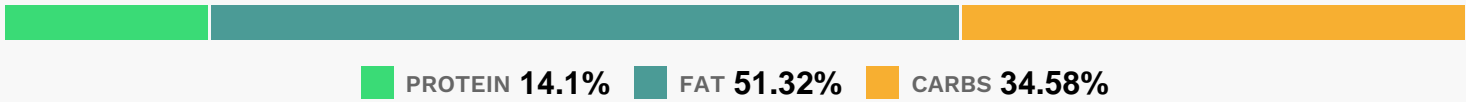
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Cook the bacon in a large 12-inch cast-iron skillet over medium heat, stirring occasionally, until crispy, about 6 minutes.
- ☐ Remove the bacon with a slotted spoon and drain on paper towels.
- ☐ Transfer bacon fat to a small bowl and return 1 tablespoon to the skillet.
- ☐ With the heat still on medium, add the onion, jalapeño, and a pinch of salt. Cook, stirring occasionally, until the onion is translucent, about four minutes.
- ☐ Add the garlic, stir well, and cook until fragrant, about 30 seconds.
- ☐ Add squash blossoms and tomatoes to skillet. Cook, stirring occasionally, until the flowers are tender, five to eight minutes. When done, turn off the heat, stir in the cilantro, and crumble in bacon. If necessary, season with more salt. Scrape the mixture into a medium-sized bowl and wipe out skillet.
- ☐ Place a quarter of the filling on each of the flour tortillas, spreading it out so it is evenly distributed.
- ☐ Sprinkle a quarter of the cheese on each.
- ☐ Heat 1/2 tablespoon bacon fat in skillet over medium heat until shimmering.
- ☐ Add one tortilla, with the topping facing up. Cook for until tortilla is soft and cheese is just starting to melt, about 30 seconds fold the tortilla in half to form a half circle-shaped sandwiche. Continue to cook, turning occasionally, until cheese is melted and both sides are browned and crisp.
- ☐ Transfer to a cutting board and repeat with remaining quesadillas.

Cut each quesadilla into four wedges, and serve at once with lime wedges.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:11.49, Inflammation Score:-7, Nutrition Score:16.223478379457%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 462.44kcal (23.12%), Fat: 26.43g (40.66%), Saturated Fat: 10.9g (68.11%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 36.6g (13.31%), Sugar: 4.56g (5.06%), Cholesterol: 42.62mg (14.21%), Sodium: 1082.2mg (47.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.67%), Selenium: 26.47µg (37.81%), Vitamin B1: 0.49mg (32.52%), Phosphorus: 316.44mg (31.64%), Vitamin C: 25.26mg (30.61%), Calcium: 280.29mg (28.03%), Vitamin B3: 5.03mg (25.13%), Manganese: 0.43mg (21.68%), Folate: 85.81µg (21.45%), Vitamin B2: 0.34mg (19.85%), Iron: 3.44mg (19.1%), Vitamin A: 761.86IU (15.24%), Fiber: 3.46g (13.83%), Vitamin B6: 0.23mg (11.56%), Vitamin K: 11.02µg (10.49%), Zinc: 1.55mg (10.32%), Potassium: 350.87mg (10.02%), Magnesium: 34.93mg (8.73%), Copper: 0.15mg (7.72%), Vitamin B12: 0.36µg (5.93%), Vitamin B5: 0.49mg (4.9%), Vitamin E: 0.72mg (4.77%), Vitamin D: 0.27µg (1.81%)