



Steak Quesadillas with Roasted Tomatillo and Apple Salsa

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 avocados ripe cut into 1/2-inch dice
- ☐ 8 8-inch flour tortillas
- ☐ 0.3 bunch cilantro leaves fresh chopped
- ☐ 2 apples green such as granny smith, quartered
- ☐ 2 jalapeño chile stemmed
- ☐ 1 teaspoon kosher salt
- ☐ 2 small lemons

- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 serrano chile finely minced
- ☐ 2 cups mozzarella cheese shredded divided
- ☐ 1 pound skirt steak
- ☐ 1 pound tomatillos husked rinsed
- ☐ 2 medium tomatoes ripe seeded cut into 1/2-inch dice
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 onion white
- ☐ 1 small onion white finely chopped
- ☐ 2 cloves garlic whole unpeeled

Equipment

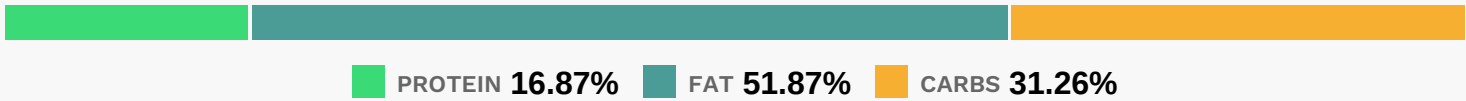
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the steak in a glass dish.
- ☐ Sprinkle the steak on both sides with salt and pepper.
- ☐ Let stand at least 15 minutes and up to 1 hour to tenderize, turning the steak occasionally.
- ☐ Heat the oil in a large, heavy skillet over high heat.
- ☐ Add the steak and saute to desired doneness, about 3 minutes per side for rare.
- ☐ Transfer the steak to a cutting board.
- ☐ Let rest 5 minutes. Slice thinly across the grain.

- ☐ Place 4 tortillas in the skillet with the pan juices and heat over medium-high heat, working in batches if necessary.
- ☐ Place 1/2 cup cheese on top of each one and top with 4 ounces sliced meat.
- ☐ Place the remaining 4 tortillas on the top. Cook until the cheese start to melt, about 2 minutes. Flip and cook until golden and the cheese is melted, another 2 minutes on the other side.
- ☐ Remove the quesadillas from the skillet. Peel open the quesadilla and spoon about 1/2 cup Roasted Tomatillo and Apple Salsa on top. Close the quesadilla and slice into quarters.
- ☐ Serve with Eva's Chunky Guacamole.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the tomatillos, apples, garlic, onion and jalapenos on a baking sheet. Toss with the olive oil, 2 teaspoons salt and 1 teaspoon pepper and roast until the tomatillos are softened and slightly charred, about 20 minutes. Peel the garlic. Puree all the ingredients in a blender until smooth. Season with salt and pepper. Makes 3 1/2 cups.
- ☐ A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.
- ☐ In a large bowl, place the avocados, tomatoes, onion, cilantro, serrano, lemon juice, and salt, to taste. Stir gently until well combined.
- ☐ Transfer to a serving bowl and serve.
- ☐ Cook' s Note: To keep the guacamole from turning brown, press a pit from one of the avocados into the center of the dish.
- ☐ Remove it before serving.

Nutrition Facts



Properties

Glycemic Index:94.13, Glycemic Load:23.08, Inflammation Score:-9, Nutrition Score:55.638695343681%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg

Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg
Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg Epicatechin 3–gallate: 0.01mg,
Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–
gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate:
0.4mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg,
Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.72mg, Naringenin: 0.72mg,
Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg,
Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg,
Kaempferol: 0.41mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin:
11.73mg, Quercetin: 11.73mg, Quercetin: 11.73mg, Quercetin: 11.73mg

Nutrients (% of daily need)

Calories: 1174.58kcal (58.73%), Fat: 70.1g (107.84%), Saturated Fat: 19.46g (121.6%), Carbohydrates: 95.08g
(31.69%), Net Carbohydrates: 74g (26.91%), Sugar: 23.91g (26.56%), Cholesterol: 115.68mg (38.56%), Sodium:
1776.98mg (77.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.3g (102.59%), Vitamin C: 81.13mg
(98.34%), Fiber: 21.08g (84.34%), Selenium: 59.01µg (84.3%), Vitamin K: 86.52µg (82.4%), Vitamin B3: 16.38mg
(81.9%), Phosphorus: 752.89mg (75.29%), Zinc: 10.95mg (73.02%), Vitamin B2: 1.11mg (65.14%), Folate: 259.51µg
(64.88%), Vitamin B6: 1.25mg (62.25%), Vitamin B12: 3.69µg (61.54%), Manganese: 1.21mg (60.52%), Vitamin B1:
0.83mg (55.31%), Potassium: 1929.28mg (55.12%), Calcium: 502.23mg (50.22%), Iron: 8.26mg (45.87%), Vitamin E:
6.47mg (43.12%), Magnesium: 145.65mg (36.41%), Vitamin B5: 3.46mg (34.56%), Copper: 0.69mg (34.35%),
Vitamin A: 1427.85IU (28.56%), Vitamin D: 0.34µg (2.25%)