



Sweet Potato and Spinach Quesadillas

 Vegetarian

READY IN



49 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces baby spinach
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 peppercorns black
- ☐ 8 6-inch flour tortillas ()
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 teaspoons olive oil
- ☐ 1 cup part-skim mozzarella shredded
- ☐ 1 large onion red sliced

- ☐ 1 cup red-wine vinegar
- ☐ 0.5 cup sugar
- ☐ 2 medium sweet potatoes (1 pound total)

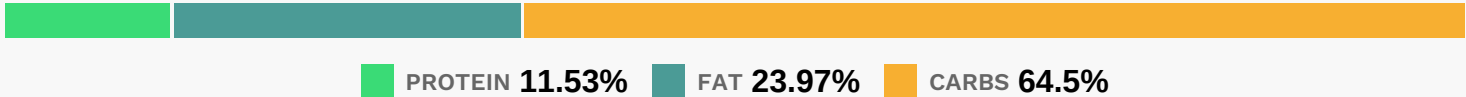
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ microwave

Directions

- ☐ Microwave potatoes on high until tender (about 15 minutes).
- ☐ Meanwhile, in a medium saucepan, combine vinegar, sugar, and peppercorns; bring to a boil and stir to dissolve sugar.
- ☐ Place onion slices in a medium heatproof bowl; pour hot vinegar mixture over onion and let stand 10 minutes.
- ☐ Drain onion slices and transfer to a plate to cool.
- ☐ Split cooked potatoes open with a knife; remove flesh and transfer to a bowl (you should have about 1 cup). Use a fork to mash potato with salt and pepper; divide potato filling among 4 tortillas. Top each with 1 heaping cup spinach, 1/4 cup cheese, and another tortilla.
- ☐ Heat a large nonstick skillet over medium-high heat. Working in batches, heat 1 teaspoon oil and transfer 1 quesadilla to skillet; cook until quesadilla is crisp and cheese is melted (about 3 minutes per side).
- ☐ Transfer cooked quesadilla to serving plate. Repeat with remaining oil and quesadillas.
- ☐ Cut quesadillas in quarters and serve each with 1/4 cup pickled onions.

Nutrition Facts



Properties

Glycemic Index:71.27, Glycemic Load:38.76, Inflammation Score:-10, Nutrition Score:27.010869671469%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 512.95kcal (25.65%), Fat: 13.53g (20.82%), Saturated Fat: 5.19g (32.43%), Carbohydrates: 81.95g (27.32%), Net Carbohydrates: 75.32g (27.39%), Sugar: 33.5g (37.22%), Cholesterol: 17.92mg (5.97%), Sodium: 851.06mg (37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.29%), Vitamin A: 18826.1IU (376.52%), Vitamin K: 146.62µg (139.63%), Manganese: 0.94mg (46.9%), Calcium: 379.81mg (37.98%), Phosphorus: 333.35mg (33.34%), Folate: 131.61µg (32.9%), Vitamin B1: 0.43mg (28.67%), Selenium: 18.67µg (26.67%), Fiber: 6.64g (26.55%), Vitamin B2: 0.39mg (22.89%), Iron: 4.08mg (22.68%), Potassium: 704.53mg (20.13%), Vitamin B6: 0.38mg (19.01%), Magnesium: 75.81mg (18.95%), Vitamin B3: 3.55mg (17.75%), Vitamin C: 13.01mg (15.77%), Copper: 0.3mg (14.92%), Zinc: 1.65mg (11%), Vitamin B5: 1.08mg (10.8%), Vitamin E: 1.49mg (9.95%), Vitamin B12: 0.23µg (3.83%)