



Tilapia Quesadillas with Guacamole

READY IN



45 min.

SERVINGS



4

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon chili powder
- ☐ 2 tablespoon flour
- ☐ 8 flour tortillas
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings guacamole for serving
- ☐ 1 juice of lime
- ☐ 1 cup monterrey jack cheese shredded

- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 teaspoon paprika
- ☐ 1 cup pepper jack cheese shredded
- ☐ 4 servings salt and pepper
- ☐ 3 fillet tilapia
- ☐ 4 servings vegetable oil

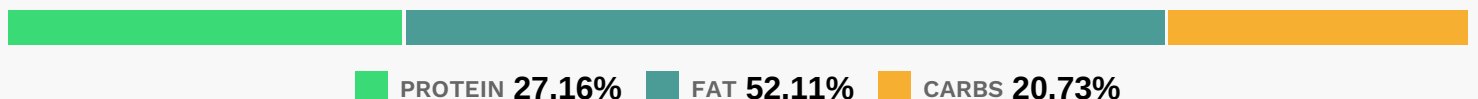
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place the fillets in a bowl, add the lime juice. Season on both sides with the paprika, cumin, garlic, onion, chili powder, salt and pepper.
- ☐ Sprinkle the fillets on both sides with the flour, shaking off any excess.
- ☐ Spread out the tortillas evenly on a work surface. Divide the cheese and fish evenly, sprinkling the bottom half of each tortilla evenly with the cheese and fish, then with the fresh cilantro. Fold the tortilla in half to enclose the filling and press firmly. Stack the quesadillas on a plate and set aside.
- ☐ Brush the pan with oil.
- ☐ Place 2 quesadillas in the pan and cook until the undersides are lightly toasted, about 2 minutes. Flip the quesadillas and toast the other sides, about 2 minutes more.
- ☐ Transfer to a baking sheet and keep warm in the oven. Repeat with the remaining quesadillas, brushing the pan with oil between batches.
- ☐ Cut each quesadilla into wedges and serve immediately with guacamole.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:11.57, Inflammation Score:-7, Nutrition Score:26.236956440884%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 661.6kcal (33.08%), Fat: 38.37g (59.03%), Saturated Fat: 15.46g (96.65%), Carbohydrates: 34.35g (11.45%), Net Carbohydrates: 31.84g (11.58%), Sugar: 2.71g (3.02%), Cholesterol: 114.04mg (38.01%), Sodium: 1044.41mg (45.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.99g (89.98%), Selenium: 76.33µg (109.04%), Phosphorus: 601.68mg (60.17%), Calcium: 528.65mg (52.86%), Vitamin B12: 2.48µg (41.39%), Vitamin B3: 7.98mg (39.92%), Vitamin K: 36.89µg (35.13%), Vitamin B2: 0.5mg (29.22%), Vitamin D: 4.29µg (28.61%), Vitamin B1: 0.4mg (26.68%), Folate: 106.67µg (26.67%), Iron: 3.75mg (20.84%), Manganese: 0.4mg (20.11%), Zinc: 2.52mg (16.81%), Magnesium: 66.75mg (16.69%), Potassium: 545.4mg (15.58%), Vitamin B6: 0.31mg (15.48%), Vitamin E: 1.96mg (13.08%), Vitamin A: 608.98IU (12.18%), Fiber: 2.51g (10.05%), Copper: 0.2mg (9.78%), Vitamin B5: 0.89mg (8.92%), Vitamin C: 2.7mg (3.28%)