



WHATSheATE



Tomato and Mozzarella Quesadillas with Basil



Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 8-inch flour tortillas
- ☐ 1 bunch basil fresh leaves picked
- ☐ 0.5 teaspoon kosher salt
- ☐ 12 ounces mozzarella cheese grated sliced
- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 0.3 cup pinenuts toasted
- ☐ 2 tomatoes cut into 1/4-inch-thick slices

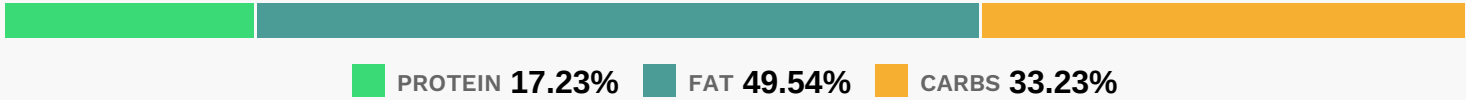
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ cutting board

Directions

☐ Heat grill to medium. Arrange 4 of the tortillas on a cutting board. Arrange the mozzarella and tomatoes on the tortillas, leaving a 1-inch border empty. Season with 1/2 teaspoon of the salt and the pepper and top with the remaining tortillas. In a medium bowl, combine the basil, pine nuts, oil, and the remaining salt; set aside. Cook the quesadillas around the perimeter of the grill until the cheese melts and the tortillas are crisp and golden, about 2 minutes per side. Immediately cut the quesadillas into wedges and serve with the basil salad. Tip: Instead of grilling the quesadillas, try broiling them. Arrange them on a baking sheet and broil, turning once, until the cheese melts and the tortillas are golden brown.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:17.1, Inflammation Score:-8, Nutrition Score:26.1799999900901%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 671.57kcal (33.58%), Fat: 37.07g (57.04%), Saturated Fat: 15.15g (94.69%), Carbohydrates: 55.96g (18.65%), Net Carbohydrates: 51.25g (18.63%), Sugar: 6.59g (7.32%), Cholesterol: 67.19mg (22.4%), Sodium: 1578.11mg (68.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.01g (58.01%), Manganese: 1.4mg (69.89%), Calcium: 590.78mg (59.08%), Phosphorus: 575.98mg (57.6%), Selenium: 37.28µg (53.26%), Vitamin B1: 0.59mg (39.53%), Vitamin B2: 0.56mg (33.01%), Vitamin B12: 1.94µg (32.32%), Folate: 115.33µg (28.83%), Vitamin K: 29.82µg (28.4%), Iron: 4.82mg (26.79%), Vitamin B3: 5.35mg (26.77%), Zinc: 3.69mg (24.62%), Vitamin A: 1196.54IU

(23.93%), Fiber: 4.72g (18.86%), Magnesium: 69.11mg (17.28%), Copper: 0.27mg (13.72%), Vitamin E: 1.88mg (12.5%), Potassium: 397.59mg (11.36%), Vitamin C: 8.85mg (10.73%), Vitamin B6: 0.15mg (7.63%), Vitamin B5: 0.38mg (3.76%), Vitamin D: 0.34µg (2.27%)