



## Zucchini-Blossom Quesadillas



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



14

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 cups corn tortilla flour (masa harina; 9 ounces)
- ☐ 1 garlic clove finely chopped
- ☐ 14 servings accompaniment: salsa
- ☐ 7 ounces oaxacan string cheese shredded
- ☐ 1 medium tomatoes chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 cups warm water
- ☐ 0.8 cup onion white chopped

- ☐ 3 cups zucchini blossoms coarsely chopped

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pizza pan
- ☐ plastic wrap
- ☐ spatula

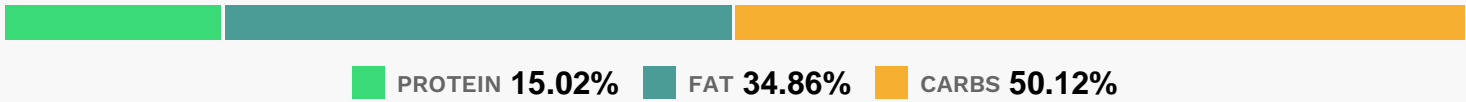
## Directions

- ☐ Cook onion, garlic, and 1/2 teaspoon salt in oil in a large heavy skillet over medium heat, stirring, until onion is softened.
- ☐ Add tomato and cook, stirring occasionally, until tomato breaks down, 3 to 5 minutes.
- ☐ Add blossoms and 1/4 teaspoon salt, then cover and cook, stirring occasionally, until tender, 4 to 5 minutes.
- ☐ Combine tortilla flour, water, and 1/4 teaspoon salt in a large bowl and knead until a uniform dough forms, about 1 minute.
- ☐ Pinch off enough dough to form a 1 1/2-inch ball and transfer to a plate; dough should be moist but not sticky. If necessary, knead in a little more tortilla flour or water. Form remaining dough into about 13 (1 1/2-inch) balls, transferring to plate, and cover with plastic wrap.
- ☐ Press 1 ball of dough between plastic squares in tortilla press to form a 5 1/2- to 6-inch tortilla (less than 1/16 inch thick). Peel off 1 plastic square, then, holding tortilla in your palm, put 1 rounded tablespoon cheese (1/2 ounce) on one side of tortilla and spread 1 rounded tablespoon filling in a flat layer over cheese, leaving a 3/4-inch border. Fold tortilla in half, using plastic square as an aid, and pinch edges to seal, flattening slightly.
- ☐ Make more quesadillas in same manner, arranging them in 1 layer and covering with plastic wrap.
- ☐ Very lightly oil comal (or pizza pan), then heat over medium-high heat until hot, about 2 minutes. Cook quesadillas, 3 at a time, until edges loosen from comal and brown spots appear on underside, 2 to 4 minutes, then turn over and cook, gently pressing quesadillas flat with a metal spatula if necessary, until brown spots appear on underside, 2 to 4 minutes more.
- ☐ Serve immediately with salsa on the side.

☐

Filling can be made 1 day ahead and cooled, uncovered, then chilled, covered.

# Nutrition Facts



## Properties

Glycemic Index:11.46, Glycemic Load:6.91, Inflammation Score:-4, Nutrition Score:5.5834782538207%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

## Nutrients (% of daily need)

Calories: 150.52kcal (7.53%), Fat: 6.11g (9.4%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 16.55g (6.02%), Sugar: 2.78g (3.09%), Cholesterol: 7.65mg (2.55%), Sodium: 340.75mg (14.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.85%), Phosphorus: 131.39mg (13.14%), Fiber: 3.23g (12.91%), Manganese: 0.22mg (10.9%), Vitamin B6: 0.19mg (9.68%), Magnesium: 36.05mg (9.01%), Vitamin C: 7.27mg (8.81%), Potassium: 248.97mg (7.11%), Vitamin K: 6.79µg (6.47%), Vitamin A: 282.78IU (5.66%), Calcium: 54.65mg (5.47%), Vitamin B3: 1.05mg (5.24%), Copper: 0.1mg (5.01%), Vitamin E: 0.73mg (4.83%), Zinc: 0.63mg (4.18%), Vitamin B1: 0.06mg (4.17%), Iron: 0.69mg (3.86%), Vitamin B2: 0.06mg (3.61%), Selenium: 2.48µg (3.54%), Folate: 12.3µg (3.07%), Vitamin B5: 0.18mg (1.75%)