

Cheese Quesadillas

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 25 - 30 quesadillas

2 jalapeno chilies
8 ounces Cheddar cheese, grated
2 1/2 ounces mozzarella cheese, grated
6 flour tortillas
little oil (for frying)

Roast three jalapeno chilies by holding with tongs over a flame until blackened and blistered. (You can also roast chilies under a hot grill.) Put in a plastic bag and, when cool, you will find the skin peels away easily.

Finely chop the chili flesh. Mix with the Cheddar cheese and mozzarella cheese. Spread evenly over three tortillas. Top with another three tortillas.

Cut out rounds with a 2-1/2-inch cutter. Fry in oil for 1 to 2 minutes or until golden brown on each side.

Serve with homemade salsa.

Per Serving (excluding unknown items): 2543 Calories; 123g Fat (43.9% calories from fat); 109g Protein; 245g Carbohydrate; 13g Dietary Fiber; 301mg Cholesterol; 3766mg Sodium. Exchanges: 16 Grain(Starch); 10 Lean Meat; 18 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2543	Vitamin B6 (mg):	.4mg
% Calories from Fat:	43.9%	Vitamin B12 (mcg):	2.4mcg
% Calories from Carbohydrates:	38.8%	Thiamin B1 (mg):	2.3mg
% Calories from Protein:	17.3%	Riboflavin B2 (mg):	2.3mg
Total Fat (g):	123g	Folacin (mcg):	578mcg
Saturated Fat (g):	66g	Niacin (mg):	16mg
Monounsaturated Fat (g):	43g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	301mg
Carbohydrate (g):	245g
Dietary Fiber (g):	13g
Protein (g):	109g
Sodium (mg):	3766mg
Potassium (mg):	842mg
Calcium (mg):	2583mg
Iron (mg):	16mg
Zinc (mg):	12mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	3043IU
Vitamin A (r.e.):	913 1/2RE

% Daily Values*

Food Exchanges

Grain (Starch):	16
Lean Meat:	10
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	18
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 2543 Calories from Fat: 1117

% Daily Values*

Total Fat 123g	190%
Saturated Fat 66g	332%
Cholesterol 301mg	100%
Sodium 3766mg	157%
Total Carbohydrates 245g	82%
Dietary Fiber 13g	54%
Protein 109g	
Vitamin A	61%
Vitamin C	0%
Calcium	258%
Iron	88%

* Percent Daily Values are based on a 2000 calorie diet.