

Coin-Toss Bacon & Blue Cheese Grilled Quesadillas

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AVOCADO MAYO

*3 avocados, peeled, pitted and diced
2 cups mayonnaise
2 limes, juiced
1/4 cup flat-leaf parsley, chopped
pinch cayenne pepper
salt (to taste)*

QUESADILLAS

*1 pound bacon, cooked crisp and chopped
2 cups mozzarella cheese, shredded
3 tomatoes, each one cut to four slices
1/2 cup flat-leaf parsley, chopped
6 ten-inch flour tortillas
1/2 cup blue cheese, crumbled
2 avocados, peeled, pitted and cut into twelve slices*

Cook Time: 30 minutes

Make the Avocado Mayo: In a blender, combine the avocados, mayo, lime juice, parsley, cayenne and salt. Blend until smooth. Set aside.

Preheat the grill.

On a medium grill, lay out six flour tortillas (you can work with one at a time if you like or if grill space is limited). Top the half of the tortilla evenly with, in this order, mozzarella, bacon, blue cheese, tomato slices, avocado slices and parsley. Fold the empty side of the tortilla over the topping side.

Grill for a couple of minutes until the cheese is melted. This will cook fast. Carefully flip each quesadilla with a spatula and tongs. Cook an additional 2 minutes.

Remove from the grill. Allow to set for 2 minutes.

Cut each quesadilla into three slices.

Serve with Avocado Mayo for dipping.

Per Serving (excluding unknown items): 9831 Calories; 855g Fat (75.6% calories from fat); 265g Protein; 355g Carbohydrate; 43g Dietary Fiber; 785mg Cholesterol; 13680mg Sodium. Exchanges: 16 Grain(Starch); 27 1/2 Lean Meat; 3 1/2 Vegetable; 5 Fruit; 109 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	9831	Vitamin B6 (mg):	6.8mg
% Calories from Fat:	75.6%	Vitamin B12 (mcg):	11.3mcg
% Calories from Carbohydrates:	13.9%	Thiamin B1 (mg):	6.5mg
% Calories from Protein:	10.4%	Riboflavin B2 (mg):	4.2mg
Total Fat (g):	855g	Folacin (mcg):	1314mcg
Saturated Fat (g):	209g	Niacin (mg):	71mg
Monounsaturated Fat (g):	340g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	234g	Alcohol (kcal):	0
Cholesterol (mg):	785mg	% Refuse:	0.0%
Carbohydrate (g):	355g	Food Exchanges	
Dietary Fiber (g):	43g	Grain (Starch):	16
Protein (g):	265g	Lean Meat:	27 1/2
Sodium (mg):	13680mg	Vegetable:	3 1/2
Potassium (mg):	10212mg	Fruit:	5
Calcium (mg):	2449mg	Non-Fat Milk:	0
Iron (mg):	37mg	Fat:	109 1/2
Zinc (mg):	30mg	Other Carbohydrates:	0
Vitamin C (mg):	341mg		
Vitamin A (i.u.):	12154IU		
Vitamin A (r.e.):	1826 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 9831 **Calories from Fat:** 7436

% Daily Values*

Total Fat 855g	1316%
Saturated Fat 209g	1044%
Cholesterol 785mg	262%
Sodium 13680mg	570%
Total Carbohydrates 355g	118%
Dietary Fiber 43g	173%
Protein 265g	
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Vitamin A	243%
Vitamin C	568%
Calcium	245%
Iron	205%

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