

Mexican Beef Quesadilla

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-of-mexican-quesadilla>

Ingredients:

- 1 pound ground beef
- 8 flour tortillas medium
- 1 1/2 cups Monterey Jack shredded
- 1/2 teaspoon chili powder each ground, paprika, and cumin
- 2 tablespoons cilantro chopped
- 1 avocado sliced
- 1 tablespoon vegetable oil
- 1 onion thinly sliced

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 115 milligrams
4. Fat: 48 grams
5. Fiber: 7 grams
6. Protein: 40 grams
7. SaturatedFat: 18 grams
8. Sodium: 890 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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