

Quesadillas With Guacamole

Yield: 6 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-tortilla-recipe-jamie-oliver>

Ingredients:

- 3 1/2 avocados
- 5 tomatoes
- 2 red chillies
- 1 handful spring onions
- 1 fresh coriander good handful
- sea salt
- ground black pepper freshly
- 1 lemon juice squeeze
- 2 grated cheddar big handfuls, or Red Leicester cheese
- spring onions
- 2 handfuls fresh coriander
- 1 red pepper
- green chillies or red
- tortillas
- soured cream to serve
- beer to serve

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 80 milligrams
4. Fat: 44 grams
5. Fiber: 10 grams
6. Protein: 24 grams
7. SaturatedFat: 19 grams
8. Sodium: 690 milligrams
9. Sugar: 7 grams

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