

Breakfast Quesadilla



Breakfast quesadilla with Adobo cream.

Yield	11-1/2 lbs quesadilla 2 cups sauce (16/12-1/2oz servings)
Serves	16
Preparation time	10 minutes
Cooking time	12 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	oz	1 cup		Olive oil	
31.5	oz	8 cups		Chorizo sausage, raw	
15.75	oz	4 cups		Onions	small dice
67.75	oz	32 each		Eggs	beaten
31.5	oz	16 each		Flour tortillas	
31.5	oz	8 cups		Cheddar cheese	shredded
1/2	oz	1 tbsp		Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US	
4	oz	1/2 cup		Mayonnaise	
12	oz	1-1/2 cups		Sour cream	
1	oz	2 tbsp		Lime juice, fresh	

Preparation Steps

1. In a medium size mixing bowl, whisk together sour cream, mayonnaise, lime juice and Red Chile Adobo Flavor Concentrate. Season to taste and reserve.
2. In a preheated sauté pan over medium high heat, add oil. Sauté chorizo until browned. Add onions and sauté until onions are browned.
3. Beat eggs with a whisk and season to taste. Add to sauté pan, and reduce heat to medium. Use a spatula to gently scramble the eggs. Cook until just done.
4. Lightly oil a preheated grill. Evenly sprinkle cheese on the tortilla. Add scrambled egg and chorizo mix to half of the quesadilla. Fold the other half over to cover the eggs. Place quesadilla on the grill, and grill until one side is crisp. Flip quesadilla and repeat.
5. Once both sides are crisp, remove from grill cut the quesadilla into quarters. Drizzle with adobo cream sauce and serve.

Chef's tip

Serve with adobo potato hash and fruit.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	1041.3
Energy (Kj)	4358.4
Protein (g)	48
Carbohydrate, total (g)	37
Fats, total (g)	77.2
Sugars, total (g)	4
Fats, saturated (g)	29.7
Fiber, total dietary (g)	2.2
Sodium (mg)	1628.6
Calcium (mg)	574.9
Cholesterol (mg)	626.7

Iron (mg)	5.4
Fats, monounsaturated (g)	34.5
Fats, polyunsaturated (g)	8
Vitamin A (µg_RAE)	363.2
Vitamin C (mg)	2.6

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.