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## Steak Quesadilla Rolls ♦

Steak quesadilla rolls are a delicious and savory dish that combines the flavors of grilled steak, melted cheese, and tortillas. This recipe is perfect for a quick and easy meal or as a party appetizer. The steak is seasoned with a blend of spices and cooked to perfection on the grill. The tortillas are filled with the grilled steak and cheese, then rolled up and cooked until golden and crispy. Serve with your favorite dipping sauce for a tasty and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	steak
200 g	tortillas
200 g	Cheese

**10 g** spices (e.g., salt, pepper, cumin, paprika)

**50 g** dipping sauce

## Directions

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### Step 1

Grilling

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Grilling

Season the steak with the spices and grill for 4-5 minutes per side, or until desired doneness.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Cutting

Remove the steak from the grill and let it rest for 5 minutes. Slice the steak into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Place a tortilla on a flat surface and sprinkle with cheese. Top with a few slices of grilled steak. Roll up the tortilla tightly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Repeat with the remaining tortillas, cheese, and steak.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

**Frying**

Heat a large skillet over medium heat. Place the rolled-up tortillas in the skillet, seam side down. Cook for 2-3 minutes per side, or until golden and crispy.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 7

## Cutting

Remove the quesadilla rolls from the skillet and let them cool slightly. Slice into bite-sized pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 8

Serve the steak quesadilla rolls with your favorite dipping sauce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

**Events**

Picnic

**Cuisines**

Mexican

### Course

Appetizers

Main Dishes

Soups

Sauces & Dressings

### Cooking Method

Frying

Baking

Steaming

Sautéing

Roasting

Simmering

Serving

None

Stir-frying

Mashing

Preheating

Heating

Refrigerating

Preparation

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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