



2 Minute Cheese Quesadillas

 Vegetarian

READY IN



6 min.

SERVINGS



2

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 10-inch flour tortillas
- ☐ 1 cup cheddar cheese shredded

Equipment

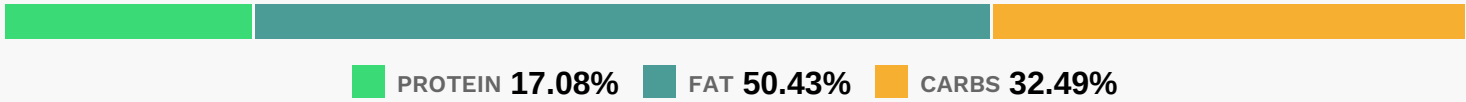
- ☐ microwave

Directions

- ☐ Place 1 flour tortilla on a large microwave-safe plate; sprinkle with Cheddar cheese.

- ☐
- Place the second flour tortilla atop the Cheddar layer.
- ☐
- Cook on high in the microwave until cheese is melted, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:11.3, Inflammation Score:-6, Nutrition Score:14.59652154342%

Nutrients (% of daily need)

Calories: 444.72kcal (22.24%), Fat: 24.8g (38.16%), Saturated Fat: 12.89g (80.57%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 33.51g (12.18%), Sugar: 2.78g (3.09%), Cholesterol: 56.5mg (18.83%), Sodium: 884.71mg (38.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.9g (37.81%), Calcium: 501.65mg (50.17%), Selenium: 31.6µg (45.14%), Phosphorus: 402.97mg (40.3%), Vitamin B2: 0.45mg (26.27%), Vitamin B1: 0.37mg (24.57%), Folate: 77.67µg (19.42%), Manganese: 0.35mg (17.57%), Zinc: 2.44mg (16.3%), Vitamin B3: 3.12mg (15.62%), Iron: 2.63mg (14.62%), Vitamin A: 566.13IU (11.32%), Vitamin B12: 0.6µg (9.98%), Fiber: 2.45g (9.8%), Magnesium: 30.66mg (7.66%), Vitamin K: 6.4µg (6.09%), Copper: 0.09mg (4.57%), Vitamin B6: 0.08mg (4.01%), Potassium: 131.01mg (3.74%), Vitamin B5: 0.35mg (3.48%), Vitamin E: 0.42mg (2.83%), Vitamin D: 0.34µg (2.26%)