



Apple Cinnamon Brie Quesadillas

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces brie cheese thinly sliced
- ☐ 1 tablespoon brown sugar
- ☐ 1.5 teaspoons butter divided
- ☐ 2 12-inch flour tortillas
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 sweet-tart apple such as fuji or gala, thinly sliced

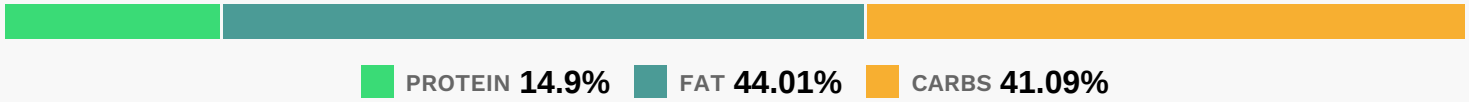
Equipment

- ☐ frying pan

Directions

- ☐ Melt 3/4 teaspoon butter in a large skillet over medium heat, tilting the skillet to evenly spread butter.
- ☐ Place 1 tortilla in the melted butter. Cover tortilla with Brie cheese slices and apple slices; sprinkle with brown sugar and cinnamon.
- ☐ Place the remaining tortilla over the filling.
- ☐ Cook quesadilla until bottom tortilla is browned, 3 to 5 minutes.
- ☐ Spread the remaining 3/4 teaspoon butter on top tortilla; carefully flip quesadilla and cook until bottom tortilla is browned and cheese is melted, 3 to 5 more minutes. Slice quesadilla into quarters.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:10.61, Inflammation Score:-5, Nutrition Score:10.94782613153%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 365.26kcal (18.26%), Fat: 17.93g (27.59%), Saturated Fat: 10.04g (62.75%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 34.52g (12.55%), Sugar: 9.95g (11.06%), Cholesterol: 46.56mg (15.52%), Sodium: 700.36mg (30.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.32%), Selenium: 18.94µg (27.05%), Vitamin B2: 0.39mg (23.2%), Vitamin B1: 0.32mg (21.62%), Folate: 82.68µg (20.67%), Phosphorus: 203.02mg (20.3%), Calcium: 168.39mg (16.84%), Manganese: 0.34mg (16.79%), Vitamin B3: 2.73mg (13.64%), Iron: 2.37mg (13.16%), Fiber: 3.15g (12.61%), Vitamin B12: 0.7µg (11.75%), Zinc: 1.34mg (8.92%), Vitamin B6: 0.15mg (7.69%), Vitamin A: 323.54IU (6.47%), Vitamin K: 6.25µg (5.96%), Magnesium: 23.7mg (5.93%), Potassium: 189.55mg

(5.42%), Vitamin B5: 0.42mg (4.21%), Copper: 0.08mg (4.07%), Vitamin C: 2.1mg (2.54%), Vitamin E: 0.23mg (1.54%), Vitamin D: 0.21µg (1.42%)