



Apple Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 8-inch flour tortillas fat-free ()
- ☐ 4 medium granny smith apples peeled sliced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 8 ounce cream cheese softened reduced-fat
- ☐ 2.5 tablespoons pecans toasted chopped
- ☐ 0.3 cup sugar divided
- ☐ 14 ounce condensed milk fat-free sweetened canned

☐ 1 teaspoon vanilla extract

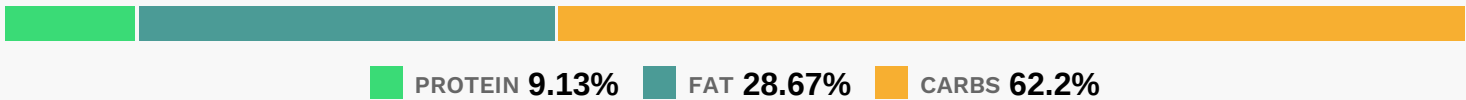
Equipment

- ☐ frying pan
- ☐ hand mixer

Directions

- ☐ Toss together apple, lemon juice, and 3 tablespoons sugar.
- ☐ Cook apple mixture in a large nonstick skillet coated with vegetable cooking spray over medium-high heat, stirring often, 5 minutes or until tender and golden brown.
- ☐ Remove apple mixture from skillet, and set aside. Wipe skillet clean.
- ☐ Beat cream cheese, condensed milk, and vanilla at medium speed with an electric mixer until smooth (2 minutes).
- ☐ Place 1 tortilla in skillet coated with cooking spray over medium heat; spread with about 1/4 cup cream cheese mixture. Cook 1 minute or until filling bubbles. Spoon 1/4 cup apple mixture on half of filling; sprinkle with about 1 teaspoon pecans. Fold tortilla in half; cook 30 seconds to 1 minute on each side until browned. Repeat procedure with remaining tortillas, fillings, and pecans.
- ☐ Combine remaining sugar and cinnamon; sprinkle over quesadillas.
- ☐ Cut each quesadilla into 3 wedges.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:21.41, Inflammation Score:-4, Nutrition Score:8.5304347924564%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg,

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 311.62kcal (15.58%), Fat: 10.11g (15.55%), Saturated Fat: 4.68g (29.22%), Carbohydrates: 49.33g (16.44%), Net Carbohydrates: 46.44g (16.89%), Sugar: 30.98g (34.42%), Cholesterol: 21.45mg (7.15%), Sodium: 360.79mg (15.69%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 7.24g (14.49%), Phosphorus: 195.06mg (19.51%), Selenium: 13.34µg (19.06%), Calcium: 177.63mg (17.76%), Vitamin B2: 0.29mg (16.96%), Vitamin B1: 0.23mg (15.52%), Manganese: 0.3mg (15.13%), Fiber: 2.89g (11.58%), Folate: 41.72µg (10.43%), Vitamin B3: 1.68mg (8.4%), Potassium: 287.57mg (8.22%), Iron: 1.47mg (8.14%), Magnesium: 23.31mg (5.83%), Vitamin B12: 0.32µg (5.32%), Vitamin B5: 0.52mg (5.21%), Vitamin C: 4.16mg (5.04%), Zinc: 0.72mg (4.8%), Vitamin A: 226.88IU (4.54%), Copper: 0.09mg (4.44%), Vitamin K: 4.29µg (4.08%), Vitamin B6: 0.08mg (3.77%), Vitamin E: 0.25mg (1.64%)