



## Bacon Quesadillas

READY IN



15 min.

SERVINGS



15

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup colby & monterey jack cheeses shredded kraft
- 4 6-inch flour tortillas ()
- 2 green onions thinly sliced
- 0.3 cup oscar mayer real bacon bits

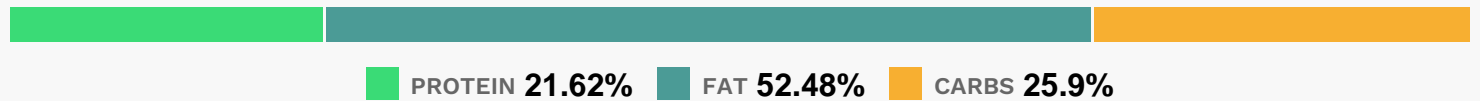
## Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Place tortillas in single layer on baking sheet sprayed with cooking spray.
- Top half of each tortilla with 1/4 each of the remaining ingredients; fold in half. Press lightly to secure.
- Bake 8 to 10 min. or until edges are lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:4.4, Glycemic Load:1.27, Inflammation Score:-1, Nutrition Score:2.0556521661904%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 66.39kcal (3.32%), Fat: 3.87g (5.95%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.97g (1.45%), Sugar: 0.38g (0.42%), Cholesterol: 11.05mg (3.68%), Sodium: 168.79mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Calcium: 73.11mg (7.31%), Phosphorus: 57.29mg (5.73%), Selenium: 3.07µg (4.39%), Vitamin K: 4.13µg (3.93%), Vitamin B2: 0.06mg (3.34%), Vitamin B1: 0.04mg (2.83%), Folate: 10.13µg (2.53%), Manganese: 0.04mg (2.16%), Zinc: 0.32mg (2.13%), Iron: 0.38mg (2.12%), Vitamin A: 103.42IU (2.07%), Vitamin B3: 0.37mg (1.85%), Fiber: 0.32g (1.29%), Vitamin B12: 0.07µg (1.22%), Magnesium: 4.37mg (1.09%)