



Bacon-Ranch Quesadillas

READY IN



19 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bacon crumbled cooked
- 4 8-inch flour tortillas ()
- 1 plum tomatoes seeded chopped
- 0.3 cup ranch dressing
- 4 servings ranch dressing
- 4 servings salsa
- 4 oz mexican four-cheese blend shredded

Equipment

frying pan

Directions

Spray a large nonstick skillet with cooking spray.

Place skillet over medium-high heat until hot.

Spread Ranch dressing evenly on 1 side of each tortilla.

Place 1 tortilla, dressing side up, in hot skillet; top evenly with half each of cheese, bacon, and tomato. Lightly press a second tortilla, dressing side down, on top of mixture. Coat lightly with cooking spray, and cook 1 to 2 minutes on each side or until golden.

Repeat procedure with remaining tortillas, cheese, bacon, and tomato.

Cut each quesadilla into wedges.

Serve with Ranch dressing and salsa.

Nutrition Facts

 **PROTEIN 11.81%**  **FAT 63.18%**  **CARBS 25.01%**

Properties

Glycemic Index:18, Glycemic Load:8.12, Inflammation Score:-5, Nutrition Score:15.284782824309%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 500.56kcal (25.03%), Fat: 35.08g (53.97%), Saturated Fat: 10.41g (65.07%), Carbohydrates: 31.24g (10.41%), Net Carbohydrates: 28.69g (10.43%), Sugar: 5.98g (6.64%), Cholesterol: 46.55mg (15.52%), Sodium: 1297.99mg (56.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.75g (29.49%), Vitamin K: 67.25µg (64.05%), Phosphorus: 357.93mg (35.79%), Selenium: 21.54µg (30.78%), Calcium: 285.27mg (28.53%), Vitamin B1: 0.33mg (22.1%), Vitamin B3: 3.6mg (18.01%), Vitamin B2: 0.3mg (17.93%), Manganese: 0.33mg (16.63%), Folate: 57.03µg (14.26%), Iron: 2.41mg (13.37%), Vitamin E: 1.58mg (10.52%), Zinc: 1.54mg (10.24%), Fiber: 2.55g (10.19%), Vitamin A: 489.6IU (9.79%), Vitamin B6: 0.17mg (8.62%), Vitamin B12: 0.51µg (8.54%), Potassium: 275.86mg (7.88%), Magnesium: 29.54mg (7.39%), Vitamin B5: 0.68mg (6.81%), Copper: 0.11mg (5.35%), Vitamin C: 2.73mg (3.31%), Vitamin D: 0.22µg (1.46%)