



## Beanie Weenie Quesadilla Rolls

READY IN



5 min.

SERVINGS



1

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 8-inch flour tortilla ()
- 1 hot dogs
- 0.3 cup jicama with bacon soup
- 0.3 cup cheddar cheese shredded

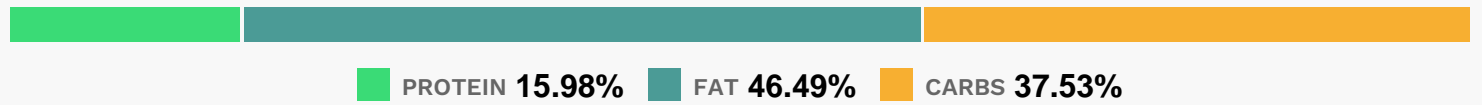
### Equipment

- bowl
- microwave

## Directions

- Pour soup into a small microwave safe bowl. Wrap tortilla and hot dog with a clean, lightly moist cloth.
- Place soup, tortilla, and hot dog in microwave and cook on high approximately 30 seconds, or until tortilla is hot and pliable and the soup is hot.
- Place hot dog and soup in center of tortilla; sprinkle with cheese and roll. Microwave for an additional 10 seconds to fully melt the cheese.

## Nutrition Facts



## Properties

Glycemic Index:104, Glycemic Load:10.65, Inflammation Score:-5, Nutrition Score:13.541304365448%

## Nutrients (% of daily need)

Calories: 394.82kcal (19.74%), Fat: 20.39g (31.36%), Saturated Fat: 9.27g (57.91%), Carbohydrates: 37.03g (12.34%), Net Carbohydrates: 33.65g (12.24%), Sugar: 2.57g (2.86%), Cholesterol: 48.5mg (16.17%), Sodium: 869.22mg (37.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.77g (31.54%), Selenium: 31.52µg (45.03%), Calcium: 288.89mg (28.89%), Phosphorus: 284.85mg (28.48%), Vitamin B1: 0.38mg (25.28%), Vitamin B2: 0.4mg (23.75%), Vitamin B3: 4.01mg (20.04%), Folate: 79.82µg (19.96%), Iron: 3.15mg (17.52%), Manganese: 0.32mg (15.81%), Zinc: 2.27mg (15.12%), Fiber: 3.38g (13.51%), Vitamin B12: 0.53µg (8.89%), Vitamin C: 6.61mg (8.01%), Magnesium: 28.6mg (7.15%), Vitamin A: 289.89IU (5.8%), Potassium: 199.95mg (5.71%), Copper: 0.11mg (5.65%), Vitamin B5: 0.48mg (4.78%), Vitamin B6: 0.09mg (4.29%), Vitamin K: 4.45µg (4.24%), Vitamin E: 0.36mg (2.41%), Vitamin D: 0.17µg (1.13%)