



Black and Blue Quesadillas

READY IN



16 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons balsamic reduction (such as Gia Russa)
- 2 tablespoons cheese blue crumbled
- 4 8-inch flour tortillas fat-free ()
- 0.3 cup onion red thinly sliced
- 0.5 pound deli roast beef low-sodium thinly sliced (such as Boar's Head)

Equipment

- frying pan

Directions

- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add onion; saut 3 to 4 minutes or until tender and lightly browned.
- Remove from heat.
- Top half of each tortilla evenly with beef, onion, and cheese. Fold tortillas in half.
- Return pan to heat. Coat pan and both sides of quesadillas evenly with cooking spray.
- Place 2 quesadillas in pan; cook 2 to 3 minutes on each side or until browned. Repeat procedure with remaining quesadillas.
- Cut each quesadilla into 4 wedges; drizzle with 1 teaspoon glaze.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:8.26, Inflammation Score:-4, Nutrition Score:12.833913129633%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 250.02kcal (12.5%), Fat: 7.08g (10.89%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 27g (9.82%), Sugar: 3.46g (3.85%), Cholesterol: 34.94mg (11.65%), Sodium: 1269.46mg (55.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Vitamin B3: 6.52mg (32.59%), Vitamin C: 26.5mg (32.12%), Calcium: 254.76mg (25.48%), Phosphorus: 231.9mg (23.19%), Selenium: 15.75µg (22.49%), Vitamin B1: 0.29mg (19.28%), Iron: 3.08mg (17.12%), Vitamin B12: 1.01µg (16.78%), Zinc: 2.43mg (16.22%), Folate: 56.89µg (14.22%), Manganese: 0.28mg (14.01%), Vitamin B6: 0.28mg (13.93%), Vitamin B2: 0.23mg (13.56%), Fiber: 2.01g (8.05%), Potassium: 250.93mg (7.17%), Magnesium: 25.27mg (6.32%), Copper: 0.1mg (4.97%), Vitamin K: 3.81µg (3.63%), Vitamin B5: 0.33mg (3.31%)