



## Blue Cheese Quesadillas

 Vegetarian

READY IN



15 min.

SERVINGS



40

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup athenos cheese blue
- 8 oz colby & monterey jack cheeses shredded kraft
- 8 oz philadelphia cream cheese softened
- 10 12-inch flour tortillas ()
- 4 green onions sliced
- 2 cups pear-apple chutney

### Equipment

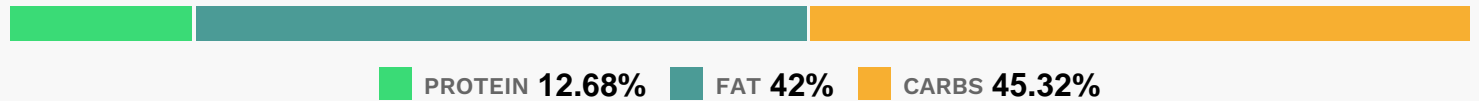
- food processor

frying pan

## Directions

- Place cream cheese, blue cheese and green onions in food processor container; cover. Process until well blended.
- Spread each tortilla with 2 Tbsp. of the cream cheese mixture.
- Sprinkle shredded cheese over 5 of the tortillas; top with remaining tortillas, cream cheese sides down.
- Coat griddle or large skillet with cooking spray. Cook quesadillas 2 minutes on each side or until lightly browned on both sides.
- Cut each tortilla into 8 wedges.
- Serve warm with Pear Apple Chutney.

## Nutrition Facts



## Properties

Glycemic Index:3.92, Glycemic Load:4.92, Inflammation Score:-2, Nutrition Score:4.5078261015208%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 140.32kcal (7.02%), Fat: 6.55g (10.07%), Saturated Fat: 3.44g (21.5%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 14.61g (5.31%), Sugar: 2.12g (2.36%), Cholesterol: 12.38mg (4.13%), Sodium: 281.49mg (12.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.89%), Selenium: 7.93µg (11.32%), Phosphorus: 98.63mg (9.86%), Vitamin B1: 0.15mg (9.84%), Calcium: 96.45mg (9.64%), Folate: 30.26µg (7.56%), Manganese: 0.15mg (7.4%), Vitamin B2: 0.12mg (7.3%), Vitamin B3: 1.31mg (6.53%), Iron: 1.12mg (6.23%), Fiber: 1.28g (5.11%), Vitamin K: 5.2µg (4.96%), Vitamin A: 159.36IU (3.19%), Zinc: 0.41mg (2.74%), Magnesium: 9.45mg (2.36%), Copper: 0.04mg (2.07%), Potassium: 67.28mg (1.92%), Vitamin B6: 0.03mg (1.52%), Vitamin B12: 0.08µg (1.34%), Vitamin B5: 0.13mg

(1.25%)