



## Brie, Apple, and Arugula Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 teaspoons apple cider
- 3 cups arugula divided
- 0.8 teaspoon pepper black divided freshly ground
- 6 ounces round of président brie divided cut into 1/4-inch-thick slices,
- 1 tablespoon dijon mustard
- 3 10-inch flour tortilla ()
- 1 fuji apple divided cored cut into 1/4-inch-thick slices ( 1/2 pound),

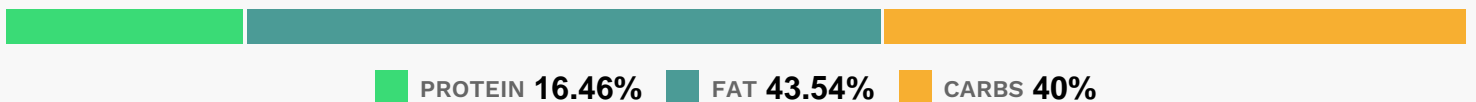
### Equipment

- bowl
- frying pan
- spatula

## Directions

- Combine mustard and cider in a small bowl; stir well.
- Heat a large nonstick skillet over medium heat.
- Spread each tortilla with about 1 1/2 teaspoons mustard mixture.
- Place 1 tortilla, mustard side up, in pan. Arrange one-third of cheese slices over half of tortilla; cook 1 minute or until cheese begins to melt. Arrange one-third of apple slices over cheese; top with 1 cup arugula.
- Sprinkle with 1/4 teaspoon pepper. Fold tortilla in half; press gently with a spatula. Cook 2 minutes on each side or until golden brown.
- Remove from pan. Repeat procedure twice with remaining 2 tortillas, cheese, apple slices, 2 cups arugula, and 1/2 teaspoon pepper.
- Cut each quesadilla into 4 wedges.
- Wine match: Gewrztraminer. For a flavorful apple entre like these quesadillas, try a French twist with an Alsatian gewrz. The barely off-dry 2009 Helfrich "Noble Tier" Gewrztraminer (Vin D'Alsace; \$1
- has crisp apple and melon flavors, plus some flamboyant floral (rose and gardenia) and spice components that work beautifully with the aromatic cheese and the spicy arugula. --Sara Schneider

## Nutrition Facts



## Properties

Glycemic Index:38.29, Glycemic Load:6.78, Inflammation Score:-5, Nutrition Score:8.4634781946307%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg

Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg  
Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg Epigallocatechin 3-gallate:  
0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate:  
0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.43mg,  
Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.53mg, Kaempferol: 3.53mg,  
Kaempferol: 3.53mg, Kaempferol: 3.53mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin:  
2.02mg

## **Nutrients (% of daily need)**

Calories: 222.98kcal (11.15%), Fat: 10.86g (16.71%), Saturated Fat: 5.98g (37.39%), Carbohydrates: 22.45g (7.48%),  
Net Carbohydrates: 20.16g (7.33%), Sugar: 4.98g (5.54%), Cholesterol: 28.35mg (9.45%), Sodium: 466.54mg  
(20.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.47%), Selenium: 12.81µg (18.3%), Vitamin B2:  
0.26mg (15.59%), Folate: 62.15µg (15.54%), Vitamin K: 15.19µg (14.46%), Vitamin B1: 0.21mg (14.05%), Phosphorus:  
137.15mg (13.71%), Manganese: 0.27mg (13.44%), Calcium: 123.9mg (12.39%), Iron: 1.66mg (9.23%), Fiber: 2.29g  
(9.15%), Vitamin B3: 1.73mg (8.65%), Vitamin A: 424.67IU (8.49%), Vitamin B12: 0.47µg (7.8%), Zinc: 0.94mg (6.26%),  
Vitamin B6: 0.11mg (5.49%), Magnesium: 21.3mg (5.32%), Potassium: 164.95mg (4.71%), Vitamin C: 2.92mg (3.54%),  
Vitamin B5: 0.33mg (3.27%), Copper: 0.06mg (3.15%), Vitamin E: 0.18mg (1.18%)