



Caramel-Apple Quesadillas

READY IN



31 min.

SERVINGS



4

CALORIES



739 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 burrito size flour tortillas
- ☐ 3 tablespoons butter divided
- ☐ 0.5 cup bottled caramel sauce
- ☐ 1 teaspoon cinnamon sugar
- ☐ 8 ounce cream cheese softened
- ☐ 2 granny smith apples peeled thinly sliced
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup powdered sugar
- ☐ 4 servings whipped cream

☐ 0.5 cup walnuts coarsely chopped

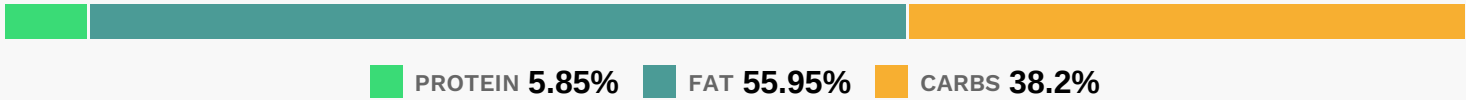
Equipment

☐ frying pan

Directions

- ☐ Toss together first 4 ingredients.
- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat; add apple mixture, and saut 5 to 8 minutes or until apples are tender.
- ☐ Remove apple mixture from skillet; wipe skillet clean.
- ☐ Stir together cream cheese and powdered sugar until smooth.
- ☐ Spread cream cheese mixture evenly on 1 side of each tortilla; top cream cheese mixture evenly with apple mixture. Fold tortillas in half over apple mixture.
- ☐ Melt 1 tablespoon butter in skillet over medium heat. Cook 2 quesadillas 2 minutes on each side or until golden brown. Repeat procedure with remaining butter and quesadillas.
- ☐ Drizzle with caramel sauce, and top with vanilla ice cream.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:73.52, Glycemic Load:18.97, Inflammation Score:-8, Nutrition Score:14.035652051801%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg,

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 739.44kcal (36.97%), Fat: 47.37g (72.88%), Saturated Fat: 23.13g (144.56%), Carbohydrates: 72.76g (24.25%), Net Carbohydrates: 68.08g (24.76%), Sugar: 51.56g (57.28%), Cholesterol: 108.88mg (36.29%), Sodium: 616.86mg (26.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.3%), Manganese: 0.71mg (35.27%), Vitamin A: 1379.29IU (27.59%), Phosphorus: 266.02mg (26.6%), Vitamin B2: 0.42mg (24.96%), Calcium: 219.59mg (21.96%), Selenium: 14µg (19.99%), Fiber: 4.68g (18.72%), Vitamin B1: 0.26mg (17.14%), Copper: 0.31mg (15.72%), Folate: 54.8µg (13.7%), Magnesium: 50.3mg (12.57%), Potassium: 428.17mg (12.23%), Vitamin B6: 0.2mg (9.89%), Iron: 1.75mg (9.74%), Vitamin B5: 0.95mg (9.53%), Zinc: 1.4mg (9.31%), Vitamin B3: 1.71mg (8.53%), Vitamin E: 1.21mg (8.08%), Vitamin B12: 0.45µg (7.51%), Vitamin C: 5.4mg (6.54%), Vitamin K: 6.68µg (6.36%)