



Caramelized Onion and Blue Cheese Quesadillas

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces cheese blue crumbled
- 6 8-inch flour tortillas
- 1 teaspoon rosemary fresh minced
- 3 tablespoons olive oil
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.5 teaspoon sugar

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg,
Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.75mg, Myricetin:
0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin:
9.61mg

Nutrients (% of daily need)

Calories: 192.89kcal (9.64%), Fat: 9.96g (15.32%), Saturated Fat: 3.59g (22.47%), Carbohydrates: 20.61g (6.87%),
Net Carbohydrates: 18.93g (6.88%), Sugar: 4.72g (5.24%), Cholesterol: 8.5mg (2.83%), Sodium: 477.29mg (20.75%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Selenium: 8.8µg (12.58%), Phosphorus:
124.88mg (12.49%), Vitamin B1: 0.18mg (12.29%), Folate: 48.09µg (12.02%), Calcium: 118.16mg (11.82%), Manganese:
0.21mg (10.46%), Vitamin B2: 0.14mg (8.41%), Vitamin B3: 1.56mg (7.78%), Iron: 1.35mg (7.49%), Fiber: 1.68g (6.72%),
Vitamin B6: 0.12mg (6.16%), Vitamin K: 5.28µg (5.03%), Vitamin E: 0.65mg (4.31%), Potassium: 146.86mg (4.2%),
Vitamin C: 3.18mg (3.85%), Magnesium: 15.4mg (3.85%), Copper: 0.07mg (3.71%), Zinc: 0.55mg (3.67%), Vitamin B5:
0.31mg (3.12%), Vitamin B12: 0.14µg (2.31%), Vitamin A: 87.75IU (1.76%)