



Cheese and Onion Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 8-inch flour tortillas fat-free ()
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup onion chopped (1 medium)
- ☐ 0.5 cup salsa
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.5 cup cup heavy whipping cream fat-free sour

Equipment

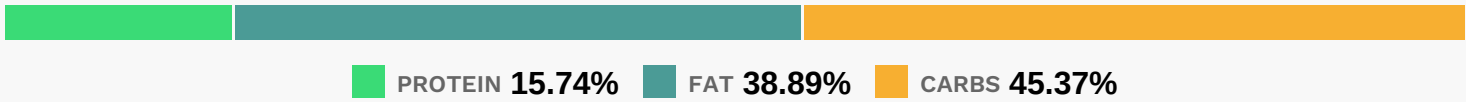
- ☐ frying pan

☐ paper towels

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add onion; saut 5 minutes or until tender.
- ☐ Remove from pan. Wipe pan with a paper towel.
- ☐ Coat pan with cooking spray; place over medium heat until hot.
- ☐ Place 1 tortilla in pan. Cook 1 minute or until bottom of tortilla is golden.
- ☐ Sprinkle one-fourth each of onion, cheese, and cumin over half of tortilla. Fold tortilla in half. Cook tortilla 1 minute on each side or until golden and cheese melts. Repeat procedure with remaining tortillas, onion, cheese, and cumin.
- ☐ To serve, top each quesadilla with 2 tablespoons salsa and 2 tablespoons sour cream.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:8.98, Inflammation Score:-6, Nutrition Score:12.170434874037%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 319.36kcal (15.97%), Fat: 13.87g (21.34%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 33.33g (12.12%), Sugar: 5.04g (5.6%), Cholesterol: 30.94mg (10.31%), Sodium: 816.52mg (35.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Calcium: 331.46mg (33.15%), Selenium: 21.43µg (30.61%), Phosphorus: 285.46mg (28.55%), Vitamin B1: 0.31mg (20.51%), Vitamin B2: 0.33mg (19.65%), Manganese: 0.35mg (17.57%), Folate: 65.98µg (16.5%), Vitamin B3: 2.71mg (13.55%), Iron: 2.28mg (12.68%), Fiber: 3.08g (12.31%), Zinc: 1.6mg (10.66%), Vitamin A: 517.35IU (10.35%), Vitamin B6: 0.16mg (8.08%), Magnesium: 31.54mg (7.88%), Potassium: 269.39mg (7.7%), Vitamin B12: 0.39µg (6.45%), Vitamin K: 5.89µg (5.61%), Copper: 0.11mg (5.29%), Vitamin C: 3.6mg (4.36%), Vitamin E: 0.63mg (4.17%), Vitamin B5: 0.32mg (3.16%), Vitamin D: 0.17µg (1.13%)