



Cheese Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 8-inch flour tortilla
- ☐ 8 ounces monterrey jack cheese grated
- ☐ 12 ounce salsa refrigerated store-bought

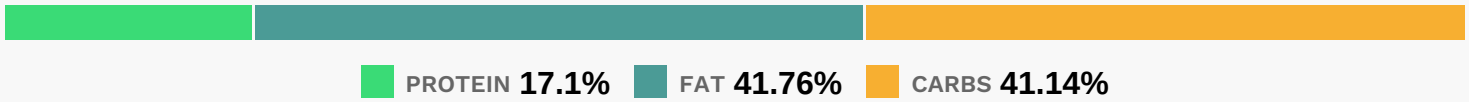
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Heat broiler.
- ☐ Place 2 tortillas on a baking sheet and sprinkle 1/2 cup of the cheese evenly over each. Top with 2 more tortillas. Broil until golden and crisp, 1 to 2 minutes per side. Repeat with the remaining tortillas and cheese.
- ☐ Cut into triangles and serve with the salsa.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:8.01, Inflammation Score:-5, Nutrition Score:10.160434748815%

Nutrients (% of daily need)

Calories: 274.14kcal (13.71%), Fat: 12.75g (19.61%), Saturated Fat: 6.91g (43.21%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 25.7g (9.35%), Sugar: 3.65g (4.06%), Cholesterol: 25.23mg (8.41%), Sodium: 824.42mg (35.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.48%), Calcium: 297.85mg (29.79%), Phosphorus: 244.54mg (24.45%), Selenium: 15.87µg (22.67%), Vitamin B1: 0.28mg (18.38%), Vitamin B2: 0.27mg (15.76%), Manganese: 0.3mg (15.16%), Vitamin B3: 2.76mg (13.78%), Folate: 54.74µg (13.69%), Iron: 2.23mg (12.41%), Fiber: 2.55g (10.2%), Vitamin A: 422.12IU (8.44%), Zinc: 1.21mg (8.04%), Vitamin B6: 0.13mg (6.37%), Magnesium: 25.25mg (6.31%), Vitamin K: 6.17µg (5.87%), Potassium: 196.43mg (5.61%), Copper: 0.09mg (4.49%), Vitamin E: 0.59mg (3.95%), Vitamin B12: 0.24µg (3.92%), Vitamin B5: 0.23mg (2.29%), Vitamin D: 0.17µg (1.13%)