



Cheesy Pizza Quesadilla Bites

READY IN



20 min.

SERVINGS



16

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 3.5 oz pepperoni sliced
- ☐ 2 medium roma tomatoes thinly sliced (plum)
- ☐ 4 oz pizza cheese shredded
- ☐ 3 tablespoons butter
- ☐ 8 oz tomato sauce warmed canned

Equipment

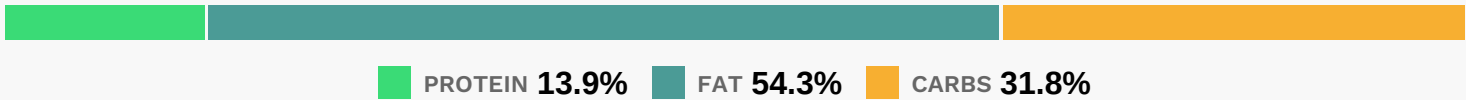
- ☐ frying pan

☐ cutting board

Directions

- ☐ Top 3 tortillas equally with pepperoni, tomatoes and cheese. Top with remaining tortillas.
- ☐ In 12-inch nonstick skillet, melt 1 tablespoon of the butter over medium heat; rotate skillet so butter coats bottom of skillet. Cook 1 quesadilla in butter 6 to 8 minutes, turning once, until lightly browned.
- ☐ Remove from skillet; place on cutting board.
- ☐ Repeat with remaining butter and quesadillas.
- ☐ Cut each quesadilla into 16 square pieces.
- ☐ Serve with warmed pizza sauce.

Nutrition Facts



Properties

Glycemic Index:9.06, Glycemic Load:3.38, Inflammation Score:-3, Nutrition Score:3.8739130419234%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 137.32kcal (6.87%), Fat: 8.37g (12.88%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 10.04g (3.65%), Sugar: 1.43g (1.59%), Cholesterol: 7.43mg (2.48%), Sodium: 347.23mg (15.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.65%), Selenium: 6.23µg (8.9%), Vitamin B1: 0.12mg (8.09%), Manganese: 0.16mg (7.86%), Vitamin B3: 1.36mg (6.79%), Phosphorus: 56.24mg (5.62%), Folate: 21.1µg (5.27%), Iron: 0.95mg (5.26%), Vitamin B2: 0.08mg (4.86%), Calcium: 47.36mg (4.74%), Vitamin A: 219.83IU (4.4%), Fiber: 0.99g (3.95%), Potassium: 102.92mg (2.94%), Vitamin B6: 0.05mg (2.71%), Vitamin K: 2.77µg (2.64%), Vitamin E: 0.39mg (2.61%), Vitamin C: 2.06mg (2.5%), Copper: 0.05mg (2.34%), Magnesium: 8.46mg (2.12%), Zinc: 0.3mg (1.99%), Vitamin B5: 0.16mg (1.58%), Vitamin B12: 0.08µg (1.39%)