



Cheesy Quesadillas

READY IN



30 min.

SERVINGS



30

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups four cheese shredded mexican style kraft finely
- 12 6-inch flour tortillas ()
- 1 green onion sliced
- 0.8 cup taco bellâ® & chunky salsa thick

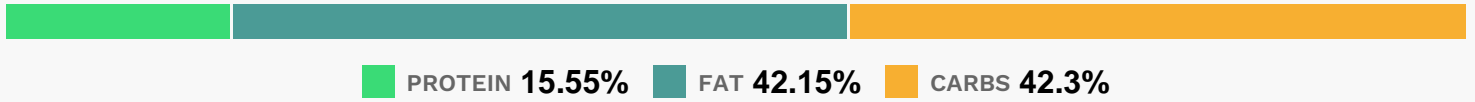
Equipment

- frying pan

Directions

- Combine cheese and onions. Spoon about 2 Tbsp. cheese mixture onto center of each tortilla; fold in half to completely enclose filling.
- Cook, 1 or 2 at a time, in large skillet sprayed with cooking spray on medium-high heat 2 to 3 min. on each side or until crisp and lightly browned on both sides.
- Cut into wedges.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:2.3000000209912%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 61.78kcal (3.09%), Fat: 2.89g (4.45%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 5.99g (2.18%), Sugar: 0.72g (0.8%), Cholesterol: 5.65mg (1.88%), Sodium: 167.98mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Selenium: 4.34µg (6.19%), Calcium: 59.57mg (5.96%), Phosphorus: 52.83mg (5.28%), Vitamin B1: 0.06mg (4.3%), Vitamin B2: 0.06mg (3.6%), Manganese: 0.07mg (3.39%), Folate: 12.98µg (3.25%), Vitamin B3: 0.61mg (3.04%), Iron: 0.48mg (2.65%), Fiber: 0.55g (2.19%), Vitamin K: 2.1µg (2%), Zinc: 0.29mg (1.9%), Vitamin A: 91.8IU (1.84%), Magnesium: 5.22mg (1.31%), Vitamin B6: 0.02mg (1.13%), Potassium: 37.22mg (1.06%)