

Cheesy Tortillas

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces colby-monterey jack cheese shredded
- ☐ 2 8-inch flour tortillas ()
- ☐ 1 tomatoes sliced
- ☐ 2 tablespoons kernel corn whole drained

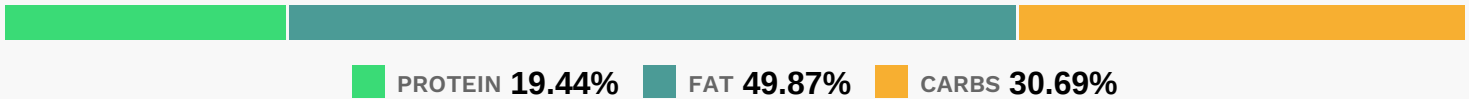
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat a flat grill or skillet to 350 degrees F (175 degrees C).
- ☐ Layer a tortilla with the corn and cheese.
- ☐ Place the second tortilla on top.
- ☐ Heat until the cheese is melted and both tortillas are slightly brown. Top with the tomato slice and serve.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:4.35, Inflammation Score:-4, Nutrition Score:7.1191304040992%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 194.78kcal (9.74%), Fat: 10.79g (16.61%), Saturated Fat: 6.18g (38.65%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 13.69g (4.98%), Sugar: 1.9g (2.11%), Cholesterol: 25.23mg (8.41%), Sodium: 371.37mg (16.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.94%), Calcium: 251.94mg (25.19%), Phosphorus: 188.81mg (18.88%), Selenium: 9.8µg (14%), Vitamin B2: 0.19mg (11.14%), Vitamin B1: 0.14mg (9.67%), Vitamin A: 474.16IU (9.48%), Folate: 35.83µg (8.96%), Manganese: 0.17mg (8.41%), Zinc: 1.06mg (7.06%), Vitamin B3: 1.39mg (6.97%), Iron: 1.23mg (6.83%), Vitamin C: 4.34mg (5.26%), Fiber: 1.26g (5.05%), Vitamin K: 4.97µg (4.74%), Magnesium: 17.46mg (4.37%), Vitamin B12: 0.24µg (3.92%), Potassium: 136.29mg (3.89%), Vitamin B6: 0.06mg (3.1%), Copper: 0.06mg (2.8%), Vitamin E: 0.24mg (1.6%), Vitamin B5: 0.13mg (1.29%), Vitamin D: 0.17µg (1.13%)