



## Cheesy Vegetable Quesadillas

 Vegetarian

READY IN



14 min.

SERVINGS



14

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 6-inch flour tortillas ()
- 12 singles kraft
- 1 bell pepper red cut into thin strips
- 0.8 cup taco bell® & chunky salsa thick

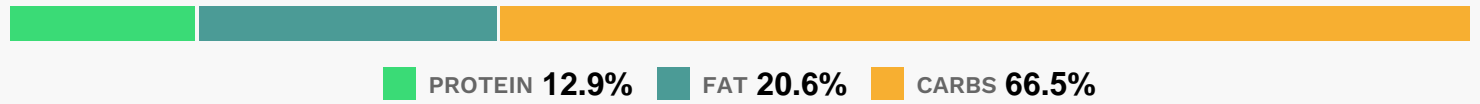
## Equipment

- paper towels
- microwave

## Directions

- Place 1 tortilla on microwaveable plate.
- Place 2 Singles on half the tortilla; top with 1/6 of the peppers. Fold tortilla in half; cover with paper towel.
- Microwave on HIGH 25 to 40 sec. or until Singles begins to melt. Repeat with remaining ingredients.
- Let stand, covered, 1 min. then fold in half again.
- Serve topped with salsa.

## Nutrition Facts



## Properties

Glycemic Index:4.71, Glycemic Load:2.11, Inflammation Score:-3, Nutrition Score:3.1373913210371%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 46.86kcal (2.34%), Fat: 1.09g (1.67%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 7.02g (2.55%), Sugar: 1.42g (1.58%), Cholesterol: 0.14mg (0.05%), Sodium: 197.47mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin C: 11.15mg (13.51%), Vitamin A: 351.56IU (7.03%), Vitamin B1: 0.07mg (4.94%), Manganese: 0.09mg (4.44%), Selenium: 3µg (4.29%), Folate: 16.55µg (4.14%), Phosphorus: 41.06mg (4.11%), Vitamin B3: 0.81mg (4.04%), Fiber: 0.88g (3.52%), Iron: 0.56mg (3.12%), Vitamin B2: 0.05mg (2.96%), Calcium: 29.37mg (2.94%), Vitamin B6: 0.06mg (2.84%), Potassium: 71.96mg (2.06%), Vitamin E: 0.3mg (2.03%), Vitamin K: 1.93µg (1.84%), Magnesium: 5.94mg (1.48%), Copper: 0.02mg (1.19%)