



## Cheesy Veggie Quesadillas

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup zucchini shredded
- 0.5 cup tomatoes seeded chopped
- 1 tablespoon oregano dried fresh chopped
- 0.5 teaspoon garlic
- 8 8-inch flour whole wheat (8 in diameter)
- 8 ounces pizza cheese shredded italian
- 1 serving pasta sauce

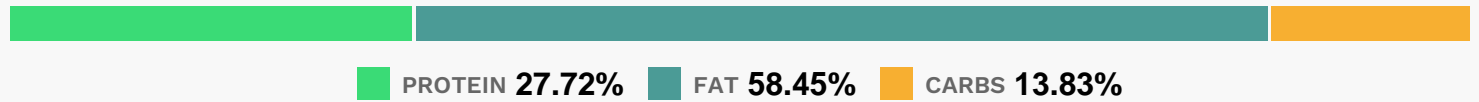
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 350°.
- Mix zucchini, tomato, oregano and garlic pepper in medium bowl.
- Place 4 tortillas on ungreased large cookie sheet.
- Sprinkle 1/2 cup of the cheese evenly over each of the 4 tortillas. Spoon one-fourth of the vegetable mixture over cheese. Top with remaining tortillas.
- Bake about 6 minutes or until hot and cheese is melted.
- Cut each quesadilla into 6 to 8 wedges.
- Serve with spaghetti sauce.

## Nutrition Facts



## Properties

Glycemic Index:33.25, Glycemic Load:0.87, Inflammation Score:-8, Nutrition Score:5.296521741411%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 208.65kcal (10.43%), Fat: 14.51g (22.32%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 5.98g (2.17%), Sugar: 2.42g (2.69%), Cholesterol: 11.34mg (3.78%), Sodium: 256.72mg (11.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.48g (30.96%), Calcium: 145.83mg (14.58%), Manganese: 0.26mg (12.94%), Vitamin C: 10.39mg (12.59%), Vitamin K: 11.48µg (10.93%), Vitamin A: 371.23IU (7.42%), Fiber: 1.75g (6.98%), Potassium: 240.52mg (6.87%), Vitamin B6: 0.12mg (6.06%), Iron: 1mg (5.54%), Vitamin E: 0.82mg (5.48%), Magnesium: 18.43mg (4.61%), Folate: 16.84µg (4.21%), Copper: 0.08mg (3.99%), Vitamin B2: 0.06mg (3.7%), Vitamin B3: 0.71mg (3.57%), Phosphorus: 34.08mg (3.41%), Vitamin B1: 0.04mg (2.75%), Selenium: 1.59µg (2.27%), Vitamin B5: 0.2mg (2%), Zinc: 0.29mg (1.92%)