



Cheesy Veggie Quesadillas

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 8-inch flour whole wheat (es in diameter)
- ☐ 8 ounces pizza cheese shredded italian
- ☐ 0.5 teaspoon garlic
- ☐ 4 servings pasta sauce
- ☐ 0.5 cup tomatoes seeded chopped
- ☐ 1 cup zucchini shredded

Equipment

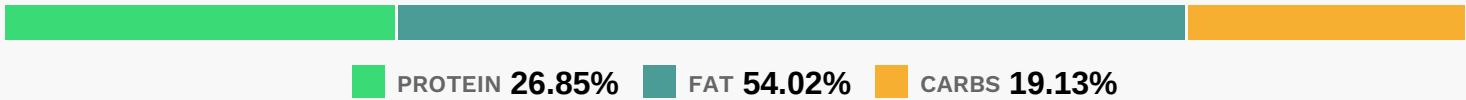
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 35
- ☐ 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:32, Glycemic Load:2.42, Inflammation Score:-6, Nutrition Score:7.9073912993721%

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: 227.39kcal (11.37%), Fat: 14.73g (22.66%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 9.15g (3.33%), Sugar: 5.64g (6.26%), Cholesterol: 11.34mg (3.78%), Sodium: 691.89mg (30.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.94%), Vitamin C: 16.79mg (20.35%), Vitamin A: 747.78IU (14.96%), Manganese: 0.29mg (14.74%), Potassium: 497.64mg (14.22%), Calcium: 138.73mg (13.87%), Vitamin E: 1.92mg (12.78%), Fiber: 2.59g (10.37%), Vitamin B6: 0.2mg (9.91%), Copper: 0.18mg (8.88%), Iron: 1.42mg (7.89%), Vitamin B3: 1.57mg (7.83%), Magnesium: 28.84mg (7.21%), Vitamin B2: 0.12mg (6.82%), Vitamin K: 6.28µg (5.98%), Phosphorus: 57.04mg (5.7%), Folate: 22.15µg (5.54%), Vitamin B5: 0.47mg (4.73%), Vitamin B1: 0.06mg (4.07%), Zinc: 0.46mg (3.04%), Selenium: 2.09µg (2.98%)