



Chile-Cheese Quesadillas

 Vegetarian

READY IN



23 min.

SERVINGS



8

CALORIES



358 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz processed cheese food shredded
- 4.5 oz chiles green chopped canned
- 8 servings garnish: cilantro sprigs
- 3 oz cream cheese softened
- 8 8-inch flour tortillas ()
- 0.3 teaspoon garlic powder
- 0.1 teaspoon ground pepper red
- 8 servings toppings: cream and salsa sour

4 oz cheddar cheese shredded

Equipment

frying pan

hand mixer

Directions

Beat first 6 ingredients at medium speed with an electric mixer until well blended.

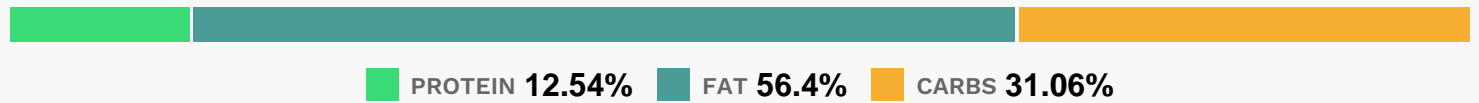
Spread about 1/2 cup cheese mixture onto each of 4 tortillas, leaving a 1/2-inch border. Top with remaining tortillas.

Heat a lightly greased large nonstick skillet over medium-high heat just until hot. Cook quesadillas in 4 batches, 1 minute on each side or until filling melts and outside browns.

Cut into wedges, and serve with desired toppings.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:8.36, Inflammation Score:-6, Nutrition Score:11.072608730067%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 358.47kcal (17.92%), Fat: 22.52g (34.65%), Saturated Fat: 12.37g (77.33%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 25.82g (9.39%), Sugar: 3.1g (3.45%), Cholesterol: 56.04mg (18.68%), Sodium: 805.77mg (35.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.54%), Calcium: 348.94mg (34.89%), Phosphorus: 283.2mg (28.32%), Selenium: 19.69µg (28.12%), Vitamin B1: 0.27mg (18.03%), Vitamin B2: 0.3mg (17.5%), Folate: 62.36µg (15.59%), Vitamin A: 679.1IU (13.58%), Manganese: 0.26mg (13.12%), Iron: 2.21mg (12.29%), Vitamin B3: 2.4mg (11.98%), Zinc: 1.25mg (8.34%), Fiber: 2.08g (8.3%), Vitamin B12: 0.41µg (6.84%), Vitamin C: 5.6mg (6.78%), Magnesium: 21.52mg (5.38%), Vitamin K: 5.42µg (5.16%), Potassium: 141.95mg (4.06%), Vitamin B6: 0.08mg (4.02%), Copper: 0.07mg (3.43%), Vitamin B5: 0.31mg (3.13%), Vitamin E: 0.46mg (3.08%), Vitamin D: 0.41µg (2.73%)