



## Club Quesadillas

READY IN



25 min.

SERVINGS



25

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 slices oscar mayer bacon fully cooked
- 16 slices oscar mayer deli oven roasted turkey breast fresh
- 4 8-inch flour tortillas ()
- 1 cup lettuce shredded
- 0.3 cup miracle whip dressing
- 0.5 cup cheddar cheese shredded kraft
- 1 tomatoes chopped

## Equipment

frying pan

## Directions

Layer first 5 ingredients on tortillas; fold in half.

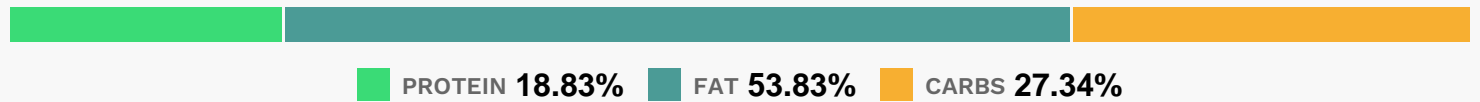
Heat large nonstick skillet on medium heat.

Add quesadillas, 2 at a time; cook 2 to 3 min. on each side or until lightly browned on both sides.

Cut into wedges.

Serve with dressing.

## Nutrition Facts



## Properties

Glycemic Index:5.24, Glycemic Load:1.35, Inflammation Score:-1, Nutrition Score:2.443478240915%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 74.5kcal (3.73%), Fat: 4.44g (6.83%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 4.65g (1.69%), Sugar: 0.82g (0.91%), Cholesterol: 11.05mg (3.68%), Sodium: 221.17mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Selenium: 4.89µg (6.99%), Vitamin B3: 1.37mg (6.87%), Phosphorus: 58.92mg (5.89%), Vitamin B1: 0.07mg (4.52%), Vitamin B6: 0.06mg (3.22%), Calcium: 30.25mg (3.03%), Vitamin B2: 0.05mg (2.69%), Manganese: 0.05mg (2.61%), Folate: 10.26µg (2.56%), Iron: 0.39mg (2.15%), Potassium: 70.5mg (2.01%), Zinc: 0.26mg (1.74%), Fiber: 0.43g (1.71%), Vitamin A: 83.14IU (1.66%), Vitamin K: 1.72µg (1.64%), Magnesium: 5.99mg (1.5%), Vitamin B5: 0.14mg (1.44%), Vitamin B12: 0.07µg (1.17%)