



Creamy Apple-Cinnamon Quesadilla

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon granulated sugar
- 0.3 teaspoon ground cinnamon
- 0.3 cup cream cheese reduced-fat (from 8-oz container)
- 1 tablespoon brown sugar packed
- 0.3 teaspoon ground cinnamon
- 2 8-inch tortillas whole wheat ()
- 0.5 small apples cut into 1/4-inch slices (1/2 cup)
- 1 serving pam original flavor shopping list

Equipment

- bowl
- frying pan
- cutting board

Directions

- In small bowl, mix granulated sugar and 1/4 teaspoon cinnamon; set aside. In another small bowl, mix cream cheese, brown sugar and 1/4 teaspoon cinnamon with spoon.
- Spread cream cheese mixture over tortillas.
- Place apple slices on cream cheese mixture on 1 tortilla. Top with remaining tortilla, cheese side down. Spray both sides of quesadilla with cooking spray; sprinkle with cinnamon-sugar mixture.
- Heat 10-inch nonstick skillet over medium heat. Cook quesadilla in skillet 2 to 3 minutes or until bottom is brown and crisp; turn quesadilla. Cook 2 to 3 minutes longer or until bottom is brown and crisp.
- Remove from skillet to cutting board; let stand 2 to 3 minutes.
- Cut into 8 wedges.

Nutrition Facts



PROTEIN 9.72% **FAT 26.77%** **CARBS 63.51%**

Properties

Glycemic Index:28.02, Glycemic Load:2.78, Inflammation Score:-1, Nutrition Score:1.7208695651396%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 121.4kcal (6.07%), Fat: 3.69g (5.68%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 17.79g (6.47%), Sugar: 9.61g (10.67%), Cholesterol: 8.1mg (2.7%), Sodium: 179.35mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Fiber: 1.91g (7.65%), Calcium: 63.9mg (6.39%), Iron: 0.57mg (3.17%), Manganese: 0.05mg (2.69%), Phosphorus: 25.13mg (2.51%), Vitamin B12: 0.14µg (2.3%), Vitamin B2: 0.03mg (1.96%), Vitamin A: 93.6IU (1.87%), Potassium: 62.1mg (1.77%), Vitamin B5: 0.14mg (1.43%), Vitamin C: 0.87mg (1.05%)