



Creamy Jalapeno & Pulled Pork Quesadilla

READY IN



25 min.

SERVINGS



16

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup philadelphia spicy jalapeño cream cheese spread ()
- 4 8-inch flour tortillas ()
- 0.5 cup regular corn frozen thawed
- 11.5 oz oscar mayer carving board hickory seasoned pulled pork smoked
- 0.5 cup pasilla peppers red chopped
- 0.5 cup tomatillo salsa

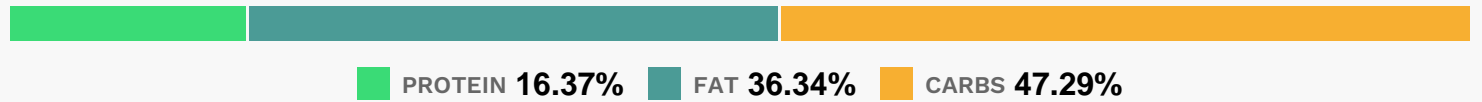
Equipment

- frying pan

Directions

- Spread tortillas with cream cheese spread. Top half of each tortilla evenly with next 3 ingredients; fold in half.
- Heat large heavy skillet sprayed with cooking spray on medium heat.
- Add quesadillas, 1 at a time; cook 4 to 5 min. or until golden brown on both sides, turning after 3 min.
- Cut into wedges.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:2.05, Inflammation Score:-3, Nutrition Score:2.5547826212385%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 103.89kcal (5.19%), Fat: 4.21g (6.47%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 11.63g (4.23%), Sugar: 4.3g (4.78%), Cholesterol: 13.16mg (4.39%), Sodium: 299.42mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Vitamin C: 6.97mg (8.44%), Vitamin A: 288.09IU (5.76%), Vitamin B1: 0.07mg (4.8%), Selenium: 2.89µg (4.13%), Folate: 16.19µg (4.05%), Iron: 0.7mg (3.9%), Manganese: 0.08mg (3.82%), Calcium: 37.85mg (3.78%), Vitamin B3: 0.7mg (3.48%), Phosphorus: 31.96mg (3.2%), Fiber: 0.69g (2.75%), Vitamin B2: 0.04mg (2.61%), Potassium: 55.26mg (1.58%), Vitamin B6: 0.03mg (1.52%), Magnesium: 5.01mg (1.25%), Vitamin K: 1.15µg (1.09%)