



## Dessert Quesadillas

READY IN



45 min.

SERVINGS



6

CALORIES



652 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 7 tablespoons butter divided
- 0.5 cup mrs richardson's butterscotch caramel sauce
- 1 teaspoon cinnamon sugar
- 8 ounce cream cheese softened
- 6 10-inch flour tortillas ()
- 2 granny smith apples thinly sliced
- 1 teaspoon juice of lemon
- 0.5 cup pecans toasted chopped
- 0.3 cup powdered sugar

0.5 cup cranberries dried sweetened

## Equipment

frying pan

## Directions

Toss together first 4 ingredients.

Melt 1 tablespoon butter in a large nonstick skillet over medium heat; add apple mixture, and saut 5 minutes or until tender.

Remove apple mixture, and set aside; wipe skillet clean.

Spread 1 tablespoon butter evenly on 1 side of each tortilla.

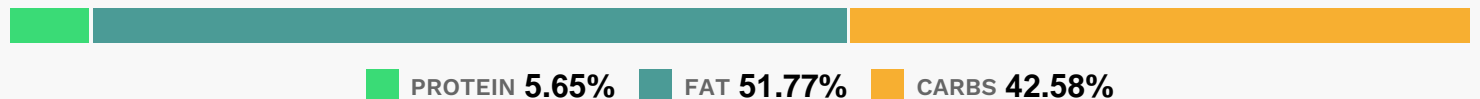
Stir together cream cheese and powdered sugar until smooth.

Spread cheese mixture evenly on unbuttered side of each tortilla; top evenly with apple mixture. Fold tortillas in half over apple mixture.

Cook quesadillas, in batches, in skillet over medium heat 2 minutes on each side or until golden brown.

Drizzle with caramel sauce, and sprinkle with pecans before serving.

## Nutrition Facts



## Properties

Glycemic Index:28.85, Glycemic Load:14.21, Inflammation Score:-7, Nutrition Score:13.849565371223%

## Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 4.64mg, Epicatechin: 4.64mg, Epicatechin: 4.64mg, Epicatechin: 4.64mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg

0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg  
Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg,  
Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin:  
0.24mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

## **Nutrients (% of daily need)**

Calories: 652.24kcal (32.61%), Fat: 38.5g (59.23%), Saturated Fat: 12.99g (81.22%), Carbohydrates: 71.26g (23.75%),  
Net Carbohydrates: 65.94g (23.98%), Sugar: 34.33g (38.15%), Cholesterol: 38.18mg (12.73%), Sodium: 853.36mg  
(37.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.9%), Manganese: 0.82mg (40.82%), Vitamin  
B1: 0.43mg (28.95%), Selenium: 19.55µg (27.92%), Vitamin A: 1146.74IU (22.93%), Phosphorus: 228.46mg (22.85%),  
Fiber: 5.32g (21.26%), Vitamin B2: 0.32mg (18.94%), Folate: 73.73µg (18.43%), Vitamin B3: 3.35mg (16.75%), Calcium:  
164.01mg (16.4%), Iron: 2.93mg (16.27%), Copper: 0.21mg (10.59%), Magnesium: 34.71mg (8.68%), Vitamin E: 1.29mg  
(8.6%), Vitamin K: 8.25µg (7.86%), Potassium: 264.76mg (7.56%), Zinc: 1.01mg (6.71%), Vitamin B6: 0.11mg (5.61%),  
Vitamin B5: 0.51mg (5.12%), Vitamin C: 3.36mg (4.07%), Vitamin B12: 0.13µg (2.22%)