



Farmer's Market Vegetarian Quesadillas

 Vegetarian

READY IN



30 min.

SERVINGS



3

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup mushrooms chopped
- 1 tablespoon olive oil
- 0.5 cup bell pepper red chopped
- 0.5 cup onion red chopped
- 1.3 cups sharp cheddar cheese shredded reduced-fat
- 6 9-inch tortillas whole wheat ()
- 0.5 cup baby squash yellow chopped
- 0.5 cup zucchini chopped

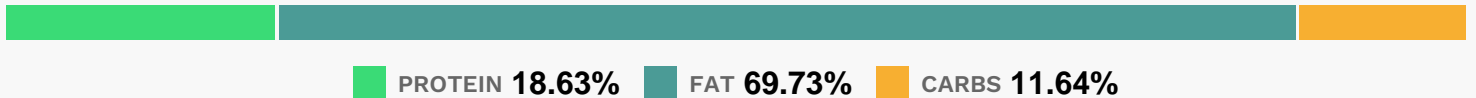
Equipment

- frying pan
- pizza cutter

Directions

- In a large nonstick pan, cook red pepper, zucchini, yellow squash, onion, and mushrooms in olive oil over medium to medium-high heat for about 7 minutes, or until just tender.
- Remove vegetables from pan.
- Coat the same pan with cooking spray, and place one tortilla in pan.
- Sprinkle 1/4 cup of cheese evenly over tortilla, and layer 3/4 cup of the vegetable mixture over the cheese.
- Sprinkle another 1/8 cup of cheese on the vegetables, and top with a second tortilla. Cook until golden on both sides, for approximately 2 to 3 minutes per side.
- Remove quesadilla from pan, and repeat with remaining ingredients.
- Cut each quesadilla into 8 triangles with a pizza cutter.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:12.76652163008%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 266.3kcal (13.32%), Fat: 21.06g (32.41%), Saturated Fat: 9.79g (61.17%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 6.23g (2.26%), Sugar: 3.67g (4.07%), Cholesterol: 47.08mg (15.69%), Sodium: 325.35mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.32%), Vitamin C: 41mg (49.69%), Calcium: 350.96mg (35.1%), Vitamin A: 1328.84IU (26.58%), Phosphorus: 258.6mg (25.86%), Selenium: 15.05µg (21.5%), Vitamin B2: 0.35mg (20.38%), Zinc: 2.04mg (13.6%), Vitamin B6: 0.23mg (11.41%), Folate: 39.52µg (9.88%), Vitamin E: 1.47mg (9.81%), Vitamin B12: 0.51µg (8.42%), Potassium: 281.8mg (8.05%), Manganese: 0.14mg (7.2%), Fiber: 1.68g (6.73%), Magnesium: 26.72mg (6.68%), Vitamin K: 6.72µg (6.4%), Vitamin B5: 0.62mg (6.17%), Vitamin B3: 1.06mg (5.31%), Copper: 0.1mg (5.08%), Vitamin B1: 0.07mg (4.71%), Iron: 0.53mg (2.97%), Vitamin D: 0.31µg (2.1%)