

Ham and Gouda Quesadillas

READY IN



25 min.

SERVINGS



16

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons alouette garlic & herbs spreadable cheese with roasted garlic or garlic-and-herb spreadable cheese soft
- 4 8-inch flour tortilla (es in diameter)
- 6 ounces finely-chopped ham cooked thinly sliced
- 2 tablespoons sun-dried olives drained chopped
- 2 ounces gouda cheese shredded
- 2 tablespoons parsley fresh chopped
- 2 tablespoons vegetable oil

Equipment

frying pan

Directions

- Spread cream cheese over 2 of the tortillas.
- Layer tortillas with ham, tomatoes, cheese and parsley. Top with remaining 2 tortillas.
- Heat 1 tablespoon of the oil in 10-inch nonstick skillet over medium heat.
- Add one quesadilla; brush top with more oil. Cook 2 to 3 minutes on each side or until golden brown and cheese is melted.
- Remove from skillet; keep warm. Repeat with remaining 1 tablespoon oil and second quesadilla.
- Cut each quesadilla into 8 wedges.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.69, Glycemic Load:2.1, Inflammation Score:-1, Nutrition Score:3.7326087119139%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 89.29kcal (4.46%), Fat: 5.02g (7.73%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.34g (2.31%), Sugar: 0.79g (0.88%), Cholesterol: 13.36mg (4.45%), Sodium: 254.41mg (11.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.19%), Vitamin K: 12.59µg (11.99%), Vitamin B1: 0.13mg (8.35%), Phosphorus: 79.17mg (7.92%), Selenium: 5.5µg (7.85%), Vitamin B3: 1.01mg (5.03%), Calcium: 45.44mg (4.54%), Vitamin B2: 0.08mg (4.51%), Vitamin C: 3.39mg (4.11%), Manganese: 0.08mg (4.04%), Iron: 0.65mg (3.61%), Folate: 14.23µg (3.56%), Vitamin B12: 0.2µg (3.41%), Zinc: 0.46mg (3.07%), Fiber: 0.54g (2.16%), Potassium: 74.31mg (2.12%), Vitamin B6: 0.04mg (2%), Magnesium: 7.53mg (1.88%), Copper: 0.04mg (1.81%), Vitamin B5: 0.14mg (1.41%), Vitamin A: 67.53IU (1.35%), Vitamin E: 0.15mg (1.01%)