



Fold-Over Quesadillas

 Vegetarian

READY IN



18 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce chiles green chopped canned
- ☐ 4 8-inch flour tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 6 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 cup salsa fresh refrigerated
- ☐ 0.5 cup cup heavy whipping cream fat-free sour

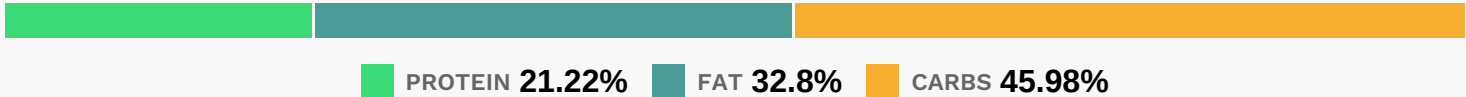
Equipment

☐ frying pan

Directions

- ☐ Spoon 2 tablespoons green chiles over half of each tortilla, spreading evenly.
- ☐ Sprinkle cheese, onion, and cumin over chiles. Fold each tortilla in half.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add 2 quesadillas, and cook 2 minutes. Turn and cook 2 minutes or until cheese melts.
- ☐ Remove from pan, and keep warm. Repeat with remaining quesadillas.
- ☐ Cut each quesadilla into 3 wedges.
- ☐ Serve with sour cream, salsa, and cilantro.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:8.24, Inflammation Score:-6, Nutrition Score:13.222173975862%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 303.26kcal (15.16%), Fat: 11.04g (16.98%), Saturated Fat: 5.81g (36.33%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 31.91g (11.6%), Sugar: 3.68g (4.09%), Cholesterol: 29.8mg (9.93%), Sodium: 913.75mg (39.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.13%), Calcium: 465.03mg (46.5%), Phosphorus: 343.56mg (34.36%), Selenium: 19.35µg (27.64%), Vitamin B2: 0.34mg (19.8%), Vitamin B1: 0.29mg (19.53%), Folate: 75.98µg (19%), Manganese: 0.3mg (15.22%), Vitamin C: 12.49mg (15.14%), Iron: 2.65mg (14.72%), Vitamin B3: 2.74mg (13.69%), Fiber: 2.9g (11.6%), Zinc: 1.69mg (11.26%), Vitamin A: 466.96IU (9.34%), Vitamin K: 8.2µg (7.81%), Vitamin B6: 0.15mg (7.55%), Magnesium: 30.1mg (7.52%), Vitamin B12: 0.43µg (7.25%), Potassium: 243.67mg (6.96%), Copper: 0.09mg (4.42%), Vitamin B5: 0.2mg (1.99%), Vitamin E: 0.29mg (1.96%)