



## Great Grilled Quesadillas

READY IN



10 min.

SERVINGS



10

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup four cheese shredded mexican style kraft finely
- 4 6-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup taco bellâ® & chunky salsa thick

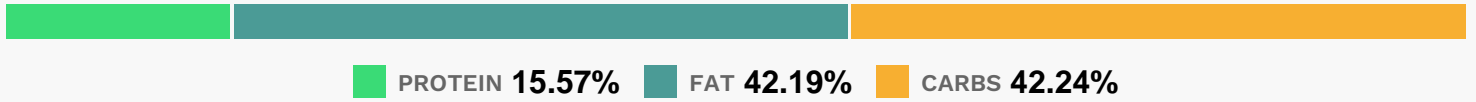
### Equipment

- grill

### Directions

- Heat grill to medium heat.
- Sprinkle 2 Tbsp. cheese onto half of each tortilla. Top with salsa and cilantro. Fold in half to enclose filling; press lightly to secure.
- Grill 1 to 2 min. on each side or until cheese is melted and quesadillas are lightly browned on both sides.
- Cut in half to serve.

## Nutrition Facts



### Properties

Glycemic Index:9.3, Glycemic Load:1.91, Inflammation Score:-1, Nutrition Score:2.3495652189721%

### Flavonoids

Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

### Nutrients (% of daily need)

Calories: 61.75kcal (3.09%), Fat: 2.89g (4.45%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 5.97g (2.17%), Sugar: 0.71g (0.79%), Cholesterol: 5.65mg (1.88%), Sodium: 168.1mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.81%), Selenium: 4.34µg (6.2%), Calcium: 59.55mg (5.96%), Phosphorus: 52.87mg (5.29%), Vitamin B1: 0.06mg (4.3%), Vitamin B2: 0.06mg (3.62%), Manganese: 0.07mg (3.44%), Folate: 12.97µg (3.24%), Vitamin B3: 0.61mg (3.05%), Iron: 0.48mg (2.66%), Vitamin K: 2.51µg (2.39%), Vitamin A: 114.81IU (2.3%), Fiber: 0.55g (2.19%), Zinc: 0.29mg (1.91%), Magnesium: 5.24mg (1.31%), Vitamin B6: 0.02mg (1.15%), Potassium: 38.2mg (1.09%)