



Greek Quesadillas

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 1 teaspoon juice of lemon
- ☐ 1 clove garlic finely chopped
- ☐ 4 oz feta cheese crumbled
- ☐ 4 oz mozzarella cheese shredded
- ☐ 1 cup cucumber diced peeled

- ☐ 1 cup tomatoes finely chopped
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 11 oz flour tortilla for burritos (8 count)

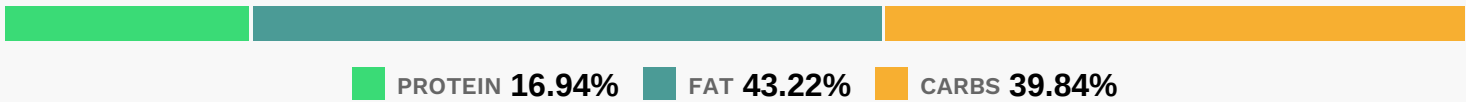
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ cutting board

Directions

- ☐ In small bowl, mix yogurt, dill weed, oil, lemon juice and garlic; set aside. In large bowl, mix feta cheese, mozzarella cheese, cucumber, tomato, olives, salt and pepper.
- ☐ Heat 12-inch nonstick skillet over medium heat.
- ☐ Sprinkle 1/2 cup cheese mixture onto half of each tortilla. Fold untopped half of each tortilla over cheese mixture; gently press down with pancake turner.
- ☐ Cook 3 quesadillas at a time in hot skillet about 2 minutes on each side, gently pressing down with pancake turner, until tortillas are light brown and crisp and cheese is melted.
- ☐ Remove from skillet; place on cutting board.
- ☐ Cut each quesadilla in half.
- ☐ Serve warm with yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:6.58, Inflammation Score:-4, Nutrition Score:9.7382610258849%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 233.6kcal (11.68%), Fat: 11.23g (17.27%), Saturated Fat: 5.16g (32.25%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 21.28g (7.74%), Sugar: 3.94g (4.38%), Cholesterol: 24.22mg (8.07%), Sodium: 722.43mg (31.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.8%), Calcium: 248.57mg (24.86%), Phosphorus: 219.31mg (21.93%), Selenium: 14.11µg (20.16%), Vitamin B2: 0.33mg (19.2%), Vitamin B1: 0.25mg (16.45%), Folate: 50.21µg (12.55%), Manganese: 0.25mg (12.31%), Vitamin B12: 0.69µg (11.45%), Vitamin B3: 2.04mg (10.22%), Iron: 1.73mg (9.62%), Zinc: 1.3mg (8.64%), Fiber: 2g (8.01%), Vitamin A: 361.44IU (7.23%), Vitamin B6: 0.13mg (6.51%), Vitamin K: 6.57µg (6.26%), Magnesium: 23.17mg (5.79%), Potassium: 193.59mg (5.53%), Vitamin C: 3.67mg (4.45%), Copper: 0.08mg (4.22%), Vitamin B5: 0.41mg (4.14%), Vitamin E: 0.55mg (3.69%)