



Grilled Apple and Brie Quesadilla with Strawberry Apple Dipping Sauce

 Vegetarian

READY IN



18 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apples sliced thin
- ☐ 0.3 cup apple sauce
- ☐ 0.5 pound round of président brie cut into thin strips
- ☐ 0.3 cup cream cheese
- ☐ 8 taco size flour tortillas soft
- ☐ 1 pinch ground cinnamon
- ☐ 8 ounce strawberry jam

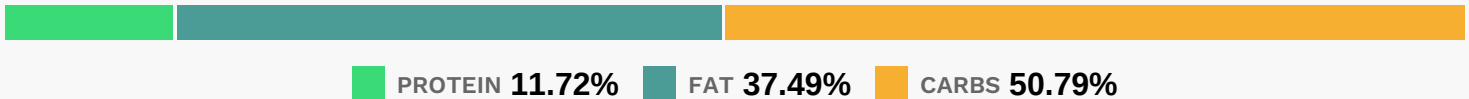
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ microwave
- ☐ spatula
- ☐ grill pan

Directions

- ☐ Preheat grill pan over medium heat. Spray pan with nonstick spray when ready to start cooking.
- ☐ Spread the cream cheese evenly over 4 of the tortillas. Evenly divide Brie strips on top of the cream cheese. Divide apple slices on top of Brie.
- ☐ Place remaining tortillas on top to make 4 quesadillas.
- ☐ Place each quesadilla on grill pan and grill 3 minutes per side or until tortilla is browned with grill marks. Use spatula to flip tortilla. Once grilled, remove from heat and let cool for about 2 minutes before slicing.
- ☐ Cut each quesadilla into 6 pieces and serve warm.
- ☐ Serve with dipping sauce.
- ☐ Combine all ingredients in a bowl and microwaves for 1 to 2 minutes until hot.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:32.45, Inflammation Score:-6, Nutrition Score:14.337826267533%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg
Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Epigallocatechin 3–gallate:
0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate:
0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol:
0.06mg, Kaempferol: 0.06mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg,
Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 610.44kcal (30.52%), Fat: 25.51g (39.25%), Saturated Fat: 14.5g (90.65%), Carbohydrates: 77.79g
(25.93%), Net Carbohydrates: 73.78g (26.83%), Sugar: 36.68g (40.75%), Cholesterol: 71.03mg (23.68%), Sodium:
861.69mg (37.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.94g (35.88%), Selenium: 24µg (34.29%),
Vitamin B2: 0.56mg (32.72%), Phosphorus: 261.95mg (26.19%), Folate: 102.59µg (25.65%), Vitamin B1: 0.37mg
(24.37%), Calcium: 220.87mg (22.09%), Manganese: 0.37mg (18.42%), Vitamin B12: 0.97µg (16.11%), Fiber: 4.01g
(16.04%), Iron: 2.85mg (15.83%), Vitamin B3: 2.96mg (14.78%), Zinc: 1.8mg (11.97%), Vitamin A: 555.34IU (11.11%),
Vitamin B6: 0.21mg (10.54%), Vitamin C: 7.24mg (8.77%), Potassium: 283.75mg (8.11%), Magnesium: 30.85mg
(7.71%), Copper: 0.15mg (7.45%), Vitamin K: 7.01µg (6.68%), Vitamin B5: 0.62mg (6.16%), Vitamin E: 0.43mg
(2.89%), Vitamin D: 0.28µg (1.89%)