



Grilled Banana-Walnut Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups banana coarsely chopped
- ☐ 0.3 cup caramel topping fat-free
- ☐ 4 8-inch flour tortillas fat-free ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 teaspoons juice of lemon
- ☐ 1 cup nonfat vanilla yogurt frozen
- ☐ 2 tablespoons sugar

☐ 0.3 cup walnuts toasted chopped

Equipment

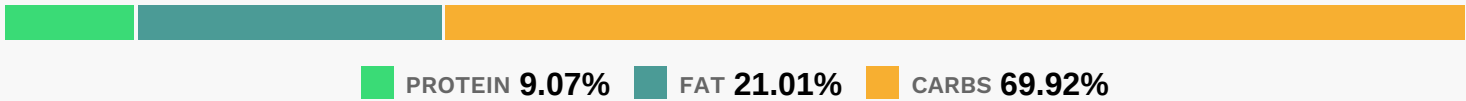
☐ bowl

☐ grill

Directions

- ☐ Combine first 3 ingredients in a small bowl; set aside.
- ☐ Coat one side of each tortilla with cooking spray; sprinkle coated sides evenly with 1 tablespoon sugar mixture.
- ☐ Combine banana, lemon juice, and remaining sugar mixture; toss gently. Spoon banana mixture evenly onto plain sides of tortillas, arranging just off center of each.
- ☐ Sprinkle each with 1 tablespoon walnuts.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place tortillas on rack; grill, uncovered, 30 seconds or until bottoms of tortillas are golden. Fold each tortilla in half; cook 30 seconds or until thoroughly heated.
- ☐ Spoon 1/4 cup nonfat frozen yogurt onto each quesadilla; drizzle caramel topping evenly over quesadillas.

Nutrition Facts



Properties

Glycemic Index:63.47, Glycemic Load:20.56, Inflammation Score:-5, Nutrition Score:13.052173961764%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 383.93kcal (19.2%), Fat: 9.26g (14.25%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 69.37g (23.12%), Net Carbohydrates: 64.99g (23.63%), Sugar: 37g (41.11%), Cholesterol: 1.23mg (0.41%), Sodium: 460.07mg (20%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Manganese: 0.78mg (38.93%), Selenium: 16.39µg (23.41%), Phosphorus: 225.75mg (22.58%), Vitamin B1: 0.33mg (22.01%), Folate: 76.46µg (19.12%), Vitamin B2: 0.32mg (18.91%), Calcium: 188.23mg (18.82%), Vitamin B6: 0.37mg (18.54%), Fiber: 4.38g (17.51%), Vitamin B3: 2.9mg (14.51%), Potassium: 496.64mg (14.19%), Magnesium: 53.33mg (13.33%), Iron: 2.33mg (12.94%), Copper: 0.24mg (11.84%), Vitamin C: 8.1mg (9.82%), Zinc: 1.07mg (7.13%), Vitamin B12: 0.31µg (5.22%), Vitamin K: 5µg (4.76%), Vitamin B5: 0.4mg (4.02%), Vitamin A: 70.48IU (1.41%), Vitamin E: 0.18mg (1.2%)