



 **96%**
HEALTH SCORE

Grilled Green Quesadillas with Brie and Herbs

 **Gluten Free**  **Very Healthy**

READY IN



10 min.

SERVINGS



4

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 pound herbs like: thym with herbs, sliced
- 4 tablespoons chives fresh chopped
- 2 tablespoons tarragon fresh chopped
- 4 servings salsa
- 4 servings cream sour
- 4 12-inch spinach flavor flour wraps

Equipment

- grill

grill pan

Directions

Watch how to make this recipe.

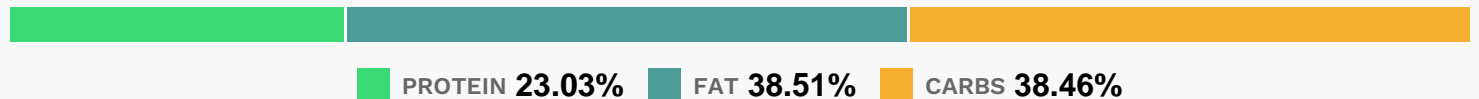
Get grill or grill pan hot. Spray 1 side of wraps with cooking spray.

Place that side down, char the wraps, as many as will fit on your grill or grill pan at the same time, 30 seconds on the first side. Spray opposite side lightly with vegetable cooking spray and turn. Arrange a layer of sliced brie with herbs across half of each flour wrap.

Sprinkle cheese with chives and tarragon fold quesadillas in half, covering cheese. Lightly press down on quesadillas, turn and cook 30 seconds longer.

Cut into wedges and serve with sour cream and salsa, if desired.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:1.7, Inflammation Score:-10, Nutrition Score:20.491739264001%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 66.83kcal (3.34%), Fat: 3.28g (5.05%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 5.05g (1.84%), Sugar: 1.97g (2.19%), Cholesterol: 7.08mg (2.36%), Sodium: 225.59mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Vitamin K: 360.87µg (343.68%), Vitamin A: 4993.69IU (99.87%), Manganese: 1.3mg (65.19%), Vitamin C: 19.52mg (23.66%), Iron: 4.07mg (22.6%), Calcium: 216.38mg (21.64%), Copper: 0.38mg (18.94%), Magnesium: 73.84mg (18.46%), Folate: 72.57µg (18.14%), Vitamin B6: 0.28mg (14.08%), Potassium: 463.03mg (13.23%), Fiber: 2.31g (9.25%), Vitamin B2: 0.15mg (8.55%), Phosphorus: 79.68mg (7.97%), Vitamin E: 1.12mg (7.48%), Vitamin B3: 1.47mg (7.35%), Zinc: 0.95mg (6.31%), Vitamin B1: 0.05mg (3.58%), Vitamin B5: 0.29mg (2.92%), Selenium: 1.17µg (1.67%)