



Grilled Ham and Mango Quesadillas



Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces lower-sodium deli ham shaved (such as Boar's Head)
- ☐ 3 tablespoons green onions chopped
- ☐ 0.5 cup mango chutney (such as Sun Brand)
- ☐ 2 ounces queso fresco crumbled
- ☐ 4 8-inch multigrain tortillas () (such as Tumaro's)

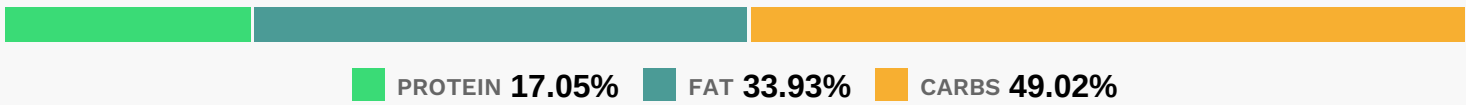
Equipment

- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Spread 2 tablespoons mango chutney over half of each tortilla. Top evenly with ham, cheese, and onions. Fold tortillas in half.
- ☐ Place quesadillas on a grill rack coated with cooking spray over medium-high heat. Grill 2 to 3 minutes on each side or until golden and cheese melts.
- ☐ Cut each quesadilla into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:23.88, Inflammation Score:-4, Nutrition Score:13.71826101386%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 455.81kcal (22.79%), Fat: 17g (26.15%), Saturated Fat: 6.71g (41.96%), Carbohydrates: 55.23g (18.41%), Net Carbohydrates: 52.86g (19.22%), Sugar: 22.94g (25.49%), Cholesterol: 44.93mg (14.98%), Sodium: 1169.15mg (50.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.43%), Vitamin B1: 0.61mg (40.83%), Selenium: 27.86µg (39.79%), Phosphorus: 290.71mg (29.07%), Vitamin B3: 4.83mg (24.13%), Vitamin B2: 0.33mg (19.39%), Calcium: 170.4mg (17.04%), Iron: 2.65mg (14.71%), Folate: 58.19µg (14.55%), Manganese: 0.29mg (14.3%), Vitamin B6: 0.27mg (13.38%), Zinc: 1.99mg (13.3%), Vitamin K: 13.13µg (12.5%), Vitamin B12: 0.6µg (10.02%), Fiber: 2.37g (9.48%), Potassium: 289.34mg (8.27%), Copper: 0.15mg (7.55%), Magnesium: 27.99mg (7%), Vitamin C: 4.59mg (5.56%), Vitamin D: 0.78µg (5.2%), Vitamin B5: 0.41mg (4.05%), Vitamin A: 159.11IU (3.18%), Vitamin E: 0.33mg (2.22%)