



Grilled Hawaiian Quesadillas

READY IN



15 min.

SERVINGS



15

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp chipotle peppers in adobo sauce chopped
- 4 8-inch flour tortillas ()
- 6 oz ham thinly sliced
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 1 cup monterrey jack cheese shredded kraft
- 16 oz pineapple rings in juice drained canned

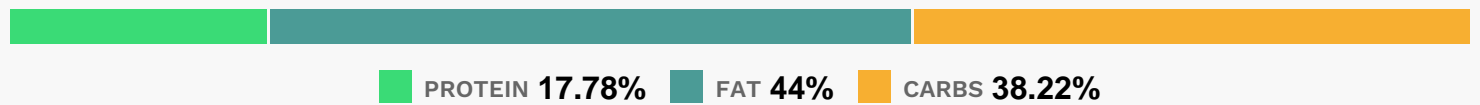
Equipment

- grill

Directions

- Heat grill to medium-low.
- Grill pineapple rings 2 min. on each side or until heated through; cut in half.
- Mix mayonnaise and peppers; spread onto tortillas. Top with ham, cheese and pineapple; fold in half.
- Grill 3 min. on each side or until golden brown on both sides.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:2.14, Inflammation Score:-1, Nutrition Score:4.1452173979386%

Nutrients (% of daily need)

Calories: 124.97kcal (6.25%), Fat: 6.13g (9.44%), Saturated Fat: 2.65g (16.53%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 11.02g (4.01%), Sugar: 5.05g (5.62%), Cholesterol: 14.33mg (4.78%), Sodium: 311.09mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.15%), Vitamin B1: 0.17mg (11.26%), Selenium: 6.92µg (9.88%), Phosphorus: 88.41mg (8.84%), Calcium: 81.91mg (8.19%), Vitamin B3: 1.2mg (6%), Vitamin B2: 0.1mg (5.83%), Iron: 0.76mg (4.22%), Folate: 16.14µg (4.04%), Vitamin B6: 0.08mg (3.99%), Zinc: 0.59mg (3.96%), Fiber: 0.97g (3.88%), Manganese: 0.07mg (3.49%), Vitamin C: 2.84mg (3.45%), Vitamin K: 3.38µg (3.22%), Magnesium: 11.79mg (2.95%), Copper: 0.06mg (2.95%), Potassium: 94.19mg (2.69%), Vitamin B12: 0.14µg (2.25%), Vitamin A: 75.71IU (1.51%)