



Grilled Hot Dog Quesadilla with Mango Pico de Gallo

READY IN



15 min.

SERVINGS



6

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp cilantro leaves chopped
- 6 6-inch flour tortillas ()
- 1 habanero chile seeded finely chopped
- 6 singles kraft
- 1 Tbsp juice of lime
- 1 large mangos peeled seeded chopped
- 0.3 cup onions red finely chopped
- 6 oscar mayer wieners

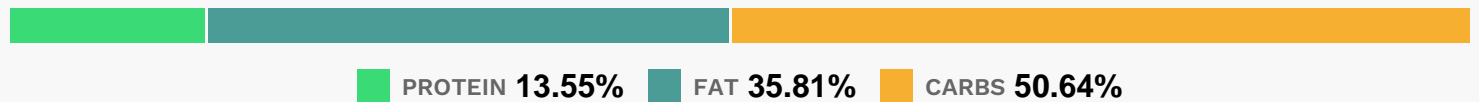
Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium heat.
- Layer Singles and wieners on half of each tortilla; fold in half to enclose filling.
- Place each quesadilla in center of large sheet of foil; wrap securely.
- Grill 3 min., turning once. Meanwhile, combine remaining ingredients.
- Cut quesadillas into wedges.
- Serve topped with mango mixture.

Nutrition Facts



Properties

Glycemic Index:36.29, Glycemic Load:9.59, Inflammation Score:-5, Nutrition Score:9.1856522145479%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 229.12kcal (11.46%), Fat: 9.23g (14.2%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 27.62g (10.04%), Sugar: 6.32g (7.02%), Cholesterol: 20.41mg (6.8%), Sodium: 542.45mg (23.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.72%), Selenium: 18.87µg (26.95%), Vitamin C: 16.28mg

(19.73%), Vitamin B1: 0.27mg (18.24%), Folate: 67.07µg (16.77%), Vitamin B3: 3.26mg (16.32%), Vitamin B2: 0.23mg (13.55%), Iron: 2.24mg (12.46%), Phosphorus: 123.47mg (12.35%), Manganese: 0.22mg (11.23%), Vitamin A: 421.2IU (8.42%), Zinc: 1.14mg (7.62%), Fiber: 1.76g (7.02%), Calcium: 67.72mg (6.77%), Copper: 0.11mg (5.52%), Potassium: 182.24mg (5.21%), Vitamin B6: 0.1mg (4.94%), Magnesium: 17.18mg (4.3%), Vitamin K: 4.3µg (4.09%), Vitamin B12: 0.23µg (3.9%), Vitamin B5: 0.37mg (3.67%), Vitamin E: 0.33mg (2.21%)