



Grilled Mediterranean Quesadillas

READY IN



15 min.

SERVINGS



8

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup olives black pitted sliced
- 4 oz philadelphia cream cheese softened ()
- 4 oz athenos feta cheese crumbled traditional
- 8 6-inch flour tortillas ()
- 0.3 cup parmesan cheese shredded kraft
- 1 cup nonfat yogurt plain greek-style
- 0.5 cup roasted peppers red chopped

Equipment

grill

Directions

Heat grill to low heat.

Combine first 5 ingredients; spread onto 4 tortillas, leaving 1/2-inch border around edge of each.

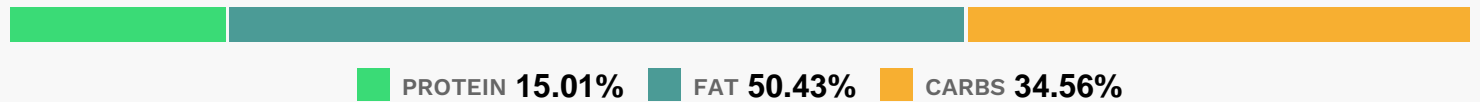
Cover with remaining tortillas.

Grill 2 min. on each side or crisp and golden brown on both sides.

Cut into wedges.

Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:5.07, Inflammation Score:-4, Nutrition Score:8.239999997875%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 222.18kcal (11.11%), Fat: 12.5g (19.23%), Saturated Fat: 6.35g (39.68%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 17.84g (6.49%), Sugar: 4.07g (4.52%), Cholesterol: 29.67mg (9.89%), Sodium: 751.96mg (32.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.75%), Calcium: 233.35mg (23.33%), Phosphorus: 196.59mg (19.66%), Vitamin B2: 0.32mg (18.95%), Selenium: 11.94µg (17.06%), Vitamin B1: 0.2mg (13.06%), Folate: 39.56µg (9.89%), Manganese: 0.17mg (8.49%), Vitamin B12: 0.5µg (8.25%), Vitamin B3: 1.59mg (7.97%), Iron: 1.36mg (7.56%), Vitamin A: 355.39IU (7.11%), Zinc: 1.04mg (6.93%), Vitamin B6: 0.12mg (6.15%), Fiber: 1.43g (5.73%), Vitamin C: 4.34mg (5.27%), Magnesium: 19.65mg (4.91%), Vitamin B5: 0.48mg (4.83%), Potassium: 162.29mg (4.64%), Copper: 0.07mg (3.27%), Vitamin E: 0.48mg (3.17%), Vitamin K: 2.95µg (2.81%)