



Grilled Mediterranean Quesadillas

READY IN



30 min.

SERVINGS



16

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz flour tortilla for burritos (8 count)
- 0.3 cup cream cheese with roasted garlic (from 8-oz container) reduced-fat
- 1 cup plum tomatoes coarsely chopped (Roma)
- 1 cup chicken shredded cooked
- 4 oz mozzarella cheese shredded
- 2 oz feta cheese crumbled
- 2 tablespoons parsley fresh chopped
- 1 slices cucumber
- 1 serving olives ripe sliced

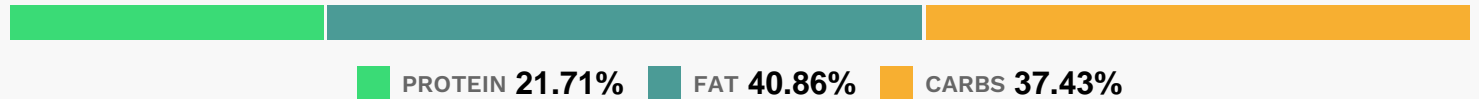
Equipment

- toothpicks
- grill
- aluminum foil

Directions

- Heat gas or charcoal grill. Spray 2 (30x18-inch) pieces of heavy-duty foil with cooking spray. For each quesadilla, place 1 tortilla on foil; spread with 2 tablespoons of the cream cheese. Top with half each of the tomatoes, chicken, mozzarella cheese, feta cheese and parsley. Top with another tortilla.
- Wrap foil securely around tortillas; pierce top of foil packet once or twice with fork to vent steam.
- Place foil packets, seam side up, on grill over medium heat. Cover grill; cook 10 minutes. Turn packets over. Cover grill; cook about 5 minutes longer or until cheese is melted.
- Cut each quesadilla into 8 wedges. Top with cucumber slices and olives; secure with toothpicks.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:3.28, Inflammation Score:-3, Nutrition Score:5.1769565188366%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 117.15kcal (5.86%), Fat: 5.28g (8.13%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 9.97g (3.63%), Sugar: 1.42g (1.58%), Cholesterol: 17.34mg (5.78%), Sodium: 268.84mg (11.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.63%), Selenium: 8.4µg (12%), Vitamin K: 11.09µg

(10.56%), Phosphorus: 103.66mg (10.37%), Calcium: 91.2mg (9.12%), Vitamin B3: 1.7mg (8.48%), Vitamin B1: 0.12mg (7.92%), Vitamin B2: 0.13mg (7.54%), Folate: 24.18µg (6.04%), Manganese: 0.12mg (5.96%), Iron: 0.95mg (5.29%), Vitamin A: 257.67IU (5.15%), Vitamin B12: 0.28µg (4.69%), Zinc: 0.6mg (3.99%), Vitamin B6: 0.08mg (3.98%), Fiber: 0.92g (3.68%), Vitamin C: 2.7mg (3.28%), Potassium: 100.18mg (2.86%), Magnesium: 10.58mg (2.65%), Vitamin B5: 0.21mg (2.09%), Copper: 0.04mg (1.98%), Vitamin E: 0.16mg (1.08%)