



## Grilled Mediterranean Quesadillas

READY IN



30 min.

SERVINGS



16

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

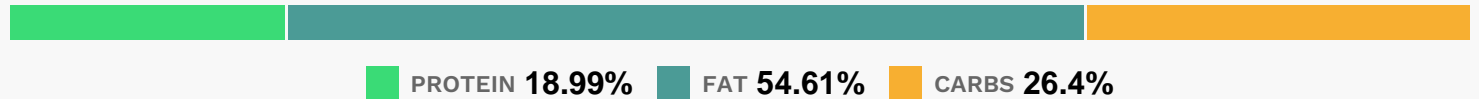
## Equipment

- 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:2.23, Inflammation Score:-3, Nutrition Score:5.03869568265%

## 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: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg 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: 123.71kcal (6.19%), Fat: 7.61g (11.71%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 6.98g (2.54%), Sugar: 1.27g (1.41%), Cholesterol: 17.34mg (5.78%), Sodium: 511.73mg (22.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.91%), Vitamin K: 10.87µg (10.35%), Selenium: 7.06µg

(10.09%), Calcium: 91.11mg (9.11%), Phosphorus: 90.53mg (9.05%), Vitamin B3: 1.44mg (7.21%), Vitamin A: 331.36IU (6.63%), Vitamin B2: 0.11mg (6.5%), Vitamin B1: 0.09mg (5.93%), Vitamin E: 0.88mg (5.84%), Fiber: 1.3g (5.21%), Vitamin B12: 0.28µg (4.69%), Folate: 18.4µg (4.6%), Iron: 0.8mg (4.44%), Manganese: 0.09mg (4.3%), Vitamin B6: 0.08mg (4.07%), Zinc: 0.57mg (3.8%), Vitamin C: 2.7mg (3.28%), Potassium: 99.63mg (2.85%), Magnesium: 11.16mg (2.79%), Copper: 0.06mg (2.76%), Vitamin B5: 0.2mg (2.03%)