



Grilled Pizza Quesadillas

 Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 10-inch spinach flavor flour wraps (8 to 10 inches in diameter)
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 2 ounces pepperoni sliced (30 slices)
- ☐ 1 cup tomato sauce

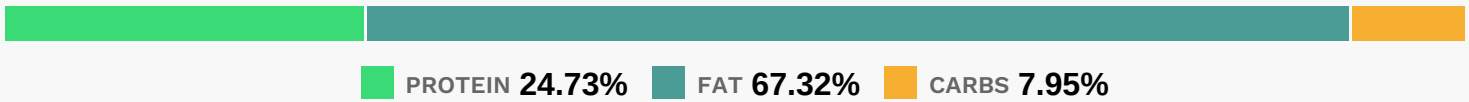
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ spatula

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Place 2 of the tortillas on cookie sheet.
- ☐ Sprinkle each with 1/2 cup of the cheese. Top each with half of the pepperoni.
- ☐ Sprinkle 1/2 cup of remaining cheese over each. Top each with tortilla.
- ☐ Transfer quesadillas to grill 4 to 6 inches from low heat. Cover and grill 2 to 3 minutes, rotating occasionally, until bottom tortilla is golden brown. Turn over with broad pancake turner. Cover and grill 2 to 3 minutes longer or until bottom tortilla is golden brown.
- ☐ Transfer quesadillas back to cookie sheet.
- ☐ Cut each quesadilla into 8 wedges.
- ☐ Serve with pizza sauce.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:2.3917391066966%

Nutrients (% of daily need)

Calories: 64.81kcal (3.24%), Fat: 4.87g (7.5%), Saturated Fat: 2.5g (15.66%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.7g (0.78%), Cholesterol: 14.64mg (4.88%), Sodium: 219.02mg (9.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Calcium: 74.94mg (7.49%), Vitamin B12: 0.37µg (6.15%), Phosphorus: 59.91mg (5.99%), Selenium: 3.53µg (5.04%), Zinc: 0.53mg (3.56%), Vitamin B2: 0.06mg (3.48%), Vitamin A: 162.48IU (3.25%), Manganese: 0.04mg (2.09%), Vitamin E: 0.28mg (1.89%), Potassium: 65.96mg (1.88%), Vitamin B3: 0.34mg (1.72%), Vitamin B6: 0.03mg (1.65%), Iron: 0.27mg (1.5%), Magnesium: 5.77mg (1.44%), Vitamin C: 1.07mg (1.3%), Vitamin B1: 0.02mg (1.17%), Copper: 0.02mg (1.12%), Vitamin B5: 0.11mg (1.09%)