



Grilled Zucchini, Tomato and Goat Cheese Quesadillas

 Vegetarian

READY IN



17 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olives black pitted chopped
- ☐ 4 10-inch flour tortillas
- ☐ 0.8 cup goat cheese fresh crumbled
- ☐ 2 tablespoons onion red finely chopped
- ☐ 4 servings salt
- ☐ 8 oz tomatoes cored sliced
- ☐ 1 lb zucchini thinly sliced lengthwise

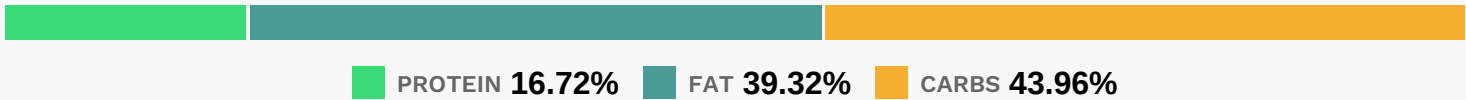
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high.
- ☐ Combine goat cheese, olives and onion in a medium bowl.
- ☐ Mist zucchini slices on both sides with cooking spray and sprinkle with salt. Grill, turning after 4 minutes, until cooked through, 8 minutes total.
- ☐ Mist one side of each tortilla with cooking spray.
- ☐ Place tortillas, oiled side down, on work surface.
- ☐ Sprinkle goat cheese mixture over half of each tortilla. Arrange zucchini and tomato slices in layers over cheese. Carefully fold tortillas over to enclose filling.
- ☐ Turn heat to medium-low. Grill quesadillas, turning once, until cheese is melted and filling is heated through, 1 to 2 minutes per side.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:11.97, Inflammation Score:-8, Nutrition Score:18.363043391186%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 370.28kcal (18.51%), Fat: 16.34g (25.13%), Saturated Fat: 8.53g (53.32%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 36.48g (13.26%), Sugar: 7.56g (8.4%), Cholesterol: 19.58mg (6.53%), Sodium: 1009.35mg (43.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.27%), Vitamin C: 28.44mg (34.47%), Manganese: 0.66mg (33.03%), Phosphorus: 311.65mg (31.16%), Vitamin B1: 0.46mg (30.53%), Vitamin B2: 0.48mg (28.14%), Folate: 107.83µg (26.96%), Copper: 0.49mg (24.51%), Selenium: 17.13µg (24.47%), Vitamin A: 1172.03IU (23.44%), Iron: 3.98mg (22.09%), Vitamin B3: 4.15mg (20.76%), Vitamin B6: 0.39mg (19.33%), Calcium: 191.26mg (19.13%), Fiber: 4.63g (18.51%), Potassium: 539.8mg (15.42%), Vitamin K: 15.3µg (14.57%), Magnesium: 50.29mg (12.57%), Zinc: 1.23mg (8.23%), Vitamin B5: 0.69mg (6.94%), Vitamin E: 0.84mg (5.61%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%)