



Ham and Mushroom Quesadillas

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chiles green canned chopped
- ☐ 4 8-inch flour tortillas ()
- ☐ 1 cup ham chopped
- ☐ 4 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 8 ounce pre mushrooms

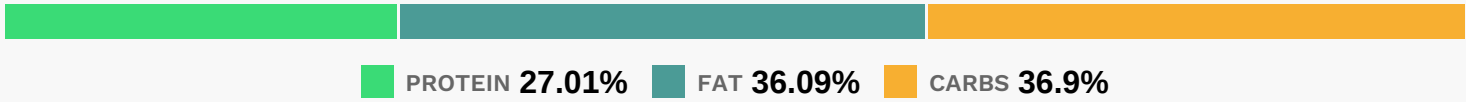
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add ham, green chiles, and mushrooms; saut 5 minutes.
- ☐ Remove from pan. Wipe pan clean.
- ☐ Place 1 tortilla in pan.
- ☐ Sprinkle 2 tablespoons cheese over half of tortilla; arrange 1/2 cup ham mixture over cheese.
- ☐ Sprinkle with 2 tablespoons cheese; fold in half. Cook 1 minute on each side or until cheese melts. Repeat procedure with remaining tortillas, cheese, and ham mixture.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:8.37, Inflammation Score:-4, Nutrition Score:14.532608669737%

Nutrients (% of daily need)

Calories: 304.2kcal (15.21%), Fat: 12.14g (18.68%), Saturated Fat: 4.84g (30.27%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 25.45g (9.25%), Sugar: 3.16g (3.51%), Cholesterol: 27.65mg (9.22%), Sodium: 996.92mg (43.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.44g (40.88%), Selenium: 28.72µg (41.03%), Phosphorus: 366.76mg (36.68%), Vitamin B1: 0.52mg (34.46%), Vitamin B2: 0.51mg (30.24%), Vitamin B3: 5.92mg (29.62%), Calcium: 198.96mg (19.9%), Folate: 65.8µg (16.45%), Iron: 2.66mg (14.77%), Manganese: 0.29mg (14.26%), Copper: 0.27mg (13.42%), Zinc: 1.9mg (12.67%), Vitamin B6: 0.24mg (12.19%), Vitamin B5: 1.15mg (11.51%), Potassium: 371.34mg (10.61%), Fiber: 2.48g (9.92%), Magnesium: 27.81mg (6.95%), Vitamin B12: 0.39µg (6.43%), Vitamin C: 3.76mg (4.55%), Vitamin K: 3.84µg (3.66%), Vitamin D: 0.39µg (2.58%), Vitamin A: 68.13IU (1.36%)