



Hawaiian Quesadillas

READY IN



20 min.

SERVINGS



2

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 oz flour tortilla for burritos (8 count)
- 2 teaspoons mayonnaise fat-free
- 3 oz finely-chopped ham cooked thinly sliced cut into strips
- 8 oz pineapple crushed drained well canned
- 0.5 cup bell pepper green chopped
- 1 oz mozzarella cheese shredded finely

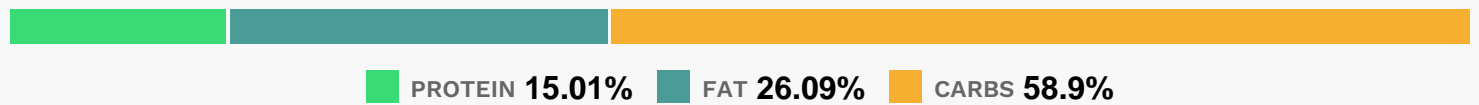
Equipment

- frying pan

Directions

- In 12-inch nonstick skillet, place tortilla.
- Spread with 1 teaspoon of the mayonnaise. Top with half of the ham, pineapple, bell pepper and cheese. Top with second tortilla.
- Cook over medium heat 2 to 4 minutes, turning once, until lightly browned.
- Remove from skillet.
- Repeat to make second quesadilla.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:24.53, Inflammation Score:-7, Nutrition Score:28.095217087994%

Flavonoids

Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 662.64kcal (33.13%), Fat: 19.19g (29.52%), Saturated Fat: 7.2g (45%), Carbohydrates: 97.47g (32.49%), Net Carbohydrates: 89.81g (32.66%), Sugar: 23.5g (26.11%), Cholesterol: 42.68mg (14.23%), Sodium: 1768.71mg (76.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.7%), Vitamin B1: 1.15mg (76.72%), Selenium: 46.07µg (65.81%), Vitamin C: 50.52mg (61.23%), Phosphorus: 511.18mg (51.12%), Vitamin B3: 8.92mg (44.59%), Manganese: 0.84mg (42.05%), Folate: 158.23µg (39.56%), Iron: 6.53mg (36.3%), Vitamin B2: 0.62mg (36.23%), Calcium: 323.95mg (32.39%), Fiber: 7.66g (30.63%), Vitamin B6: 0.37mg (18.73%), Copper: 0.36mg (17.96%), Magnesium: 66.9mg (16.73%), Zinc: 2.35mg (15.69%), Vitamin K: 16.32µg (15.54%), Vitamin B12: 0.92µg (15.38%), Potassium: 533.39mg (15.24%), Vitamin B5: 0.68mg (6.84%), Vitamin A: 290.35IU (5.81%), Vitamin E: 0.19mg (1.26%)