



Hawaiian Quesadillas

READY IN



20 min.

SERVINGS



2

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz pineapple crushed drained well canned
- 3 oz finely-chopped ham cooked thinly sliced cut into strips
- 2 teaspoons mayonnaise fat-free
- 4 8-inch flour tortilla for burritos (
- 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

PROTEIN 16.38% **FAT 26.84%** **CARBS 56.78%**

Properties

Glycemic Index:35.5, Glycemic Load:16.11, Inflammation Score:-7, Nutrition Score:22.212608549906%

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: 497.63kcal (24.88%), Fat: 14.88g (22.89%), Saturated Fat: 5.63g (35.16%), Carbohydrates: 70.84g (23.61%), Net Carbohydrates: 65.06g (23.66%), Sugar: 21.5g (23.89%), Cholesterol: 42.68mg (14.23%), Sodium: 1371.84mg (59.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.43g (40.85%), Vitamin C: 50.52mg (61.23%), Vitamin B1: 0.88mg (58.64%), Selenium: 34.04µg (48.63%), Phosphorus: 400.1mg (40.01%), Vitamin B3: 6.53mg (32.67%), Manganese: 0.57mg (28.73%), Vitamin B2: 0.46mg (27.29%), Folate: 107.54µg (26.89%), Iron: 4.58mg (25.43%), Calcium: 245.22mg (24.52%), Fiber: 5.77g (23.08%), Vitamin B6: 0.34mg (17.14%), Vitamin B12: 0.92µg (15.38%), Copper: 0.3mg (15.15%), Zinc: 2.07mg (13.78%), Magnesium: 55.04mg (13.76%), Potassium: 465.98mg (13.31%), Vitamin K: 12.44µg (11.85%), Vitamin B5: 0.6mg (5.95%), Vitamin A: 290.35IU (5.81%), Vitamin E: 0.19mg (1.26%)