



Healthy Living Easy Quesadilla

 Vegetarian

READY IN



11 min.

SERVINGS



11

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 6-inch flour tortillas ()
- 1 Tbsp lite ranch dressing kraft
- 1 Tbsp taco bellâ® & chunky salsa thick
- 0.3 cup milk sharp cheddar cheese shredded 2% kraft

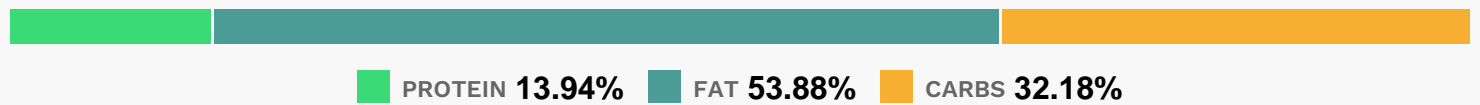
Equipment

- frying pan

Directions

- Heat large nonstick skillet sprayed with cooking spray on medium heat.
- Sprinkle cheese on half of each tortilla.
- Fold tortillas in half; add to skillet. Cook 2 to 3 min. on each side or until lightly browned on both sides. Meanwhile, mix salsa and dressing.
- Cut quesadillas in half.
- Serve with salsa mixture.

Nutrition Facts



Properties

Glycemic Index:5.55, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:1.1947826124404%

Nutrients (% of daily need)

Calories: 37kcal (1.85%), Fat: 2.21g (3.4%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.75g (1%), Sugar: 0.34g (0.38%), Cholesterol: 3.78mg (1.26%), Sodium: 85.56mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.57%), Calcium: 33.01mg (3.3%), Selenium: 2.25µg (3.21%), Phosphorus: 29.98mg (3%), Vitamin K: 2.37µg (2.26%), Vitamin B1: 0.03mg (1.95%), Vitamin B2: 0.03mg (1.89%), Manganese: 0.03mg (1.49%), Folate: 5.97µg (1.49%), Vitamin B3: 0.26mg (1.31%), Iron: 0.21mg (1.19%), Zinc: 0.16mg (1.07%)