



Monterey Jack Quesadillas

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cilantro leaves
- ☐ 3 flour tortilla
- ☐ 4 servings monterrey jack cheese shredded

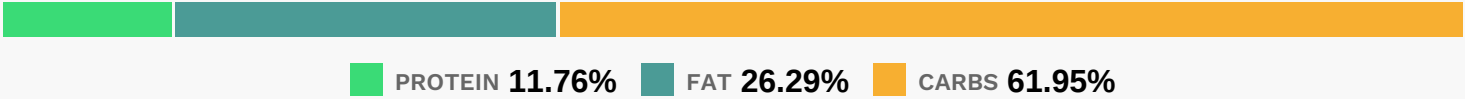
Equipment

- ☐ baking sheet
- ☐ oven

Directions

☐ Heat 3 flour tortillas on a cookie sheet in a 350F oven until warm. Top each with some shredded Monterey Jack and a few cilantro leaves. Top each with another tortilla and heat until the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:3.52, Inflammation Score:-2, Nutrition Score:2.9647826004935%

Flavonoids

Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 72.93kcal (3.65%), Fat: 2.11g (3.24%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 10.35g (3.76%), Sugar: 0.85g (0.95%), Cholesterol: 0.89mg (0.3%), Sodium: 172.29mg (7.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin B1: 0.11mg (7.62%), Selenium: 5.18µg (7.39%), Vitamin K: 6.3µg (6%), Manganese: 0.12mg (5.88%), Folate: 22.26µg (5.57%), Phosphorus: 51.51mg (5.15%), Vitamin B3: 1.01mg (5.06%), Iron: 0.85mg (4.72%), Calcium: 41.31mg (4.13%), Vitamin B2: 0.07mg (4.1%), Fiber: 0.83g (3.32%), Vitamin A: 108.91IU (2.18%), Magnesium: 5.61mg (1.4%), Copper: 0.03mg (1.35%), Potassium: 36.75mg (1.05%), Zinc: 0.16mg (1.04%)