



## Mushroom and Goat Cheese Quesadillas

READY IN



40 min.

SERVINGS



4

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 teaspoons balsamic vinegar
- 4 teaspoons whipped cream cheese
- 6 large cremini mushrooms chopped
- 4 flour tortillas
- 2 large cloves garlic minced
- 0.3 cup herbed goat cheese (chevre)
- 4 servings salt and ground pepper black to taste
- 2 tablespoons olive oil extra-virgin
- 1 onion chopped

0.3 cup mozzarella cheese shredded

## Equipment

bowl

frying pan

## Directions

Heat a skillet over medium heat. Cook and stir onion, mushrooms, garlic, salt, and black pepper with olive oil and balsamic vinegar until onion is translucent and mushrooms are lightly browned, 3 to 5 minutes.

Mix goat cheese and cream cheese together in a small bowl.

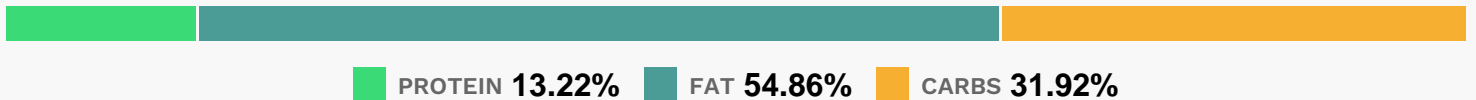
Heat a large skillet over medium heat. Warm a tortilla on the hot skillet for 1 minute; flip and repeat on other side.

Spread 1/4 goat cheese mixture onto warmed tortilla; spoon 1/4 mushroom mixture on one half of tortilla.

Sprinkle 1/4 mozzarella cheese over mushroom mixture.

Cook quesadilla until mozzarella cheese begins to melt, about 5 minutes; fold tortilla over melted cheese and press to seal. Repeat with remaining tortillas and fillings.

## Nutrition Facts



## Properties

Glycemic Index:63.75, Glycemic Load:6.01, Inflammation Score:-4, Nutrition Score:9.4595651082371%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

## Nutrients (% of daily need)

Calories: 254.27kcal (12.71%), Fat: 15.65g (24.08%), Saturated Fat: 5.85g (36.55%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 18.74g (6.81%), Sugar: 3.81g (4.23%), Cholesterol: 17.7mg (5.9%), Sodium: 335.82mg (14.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.97%), Selenium: 16.9µg (24.14%), Vitamin B2: 0.32mg (19.08%), Phosphorus: 182.51mg (18.25%), Copper: 0.3mg (15.19%), Manganese: 0.28mg (14.22%), Vitamin B1: 0.21mg (13.98%), Calcium: 131.47mg (13.15%), Vitamin B3: 2.58mg (12.92%), Folate: 43.49µg (10.87%), Iron: 1.67mg (9.29%), Vitamin E: 1.09mg (7.29%), Vitamin B6: 0.14mg (7.18%), Fiber: 1.75g (7.02%), Vitamin K: 7.24µg (6.89%), Potassium: 240.4mg (6.87%), Vitamin B5: 0.67mg (6.68%), Zinc: 0.98mg (6.52%), Vitamin A: 245.13IU (4.9%), Vitamin B12: 0.28µg (4.74%), Magnesium: 17.58mg (4.4%), Vitamin C: 2.5mg (3.03%)