



WHATSheATE



Mushroom and Onion Quesadillas

 Vegetarian

READY IN



21 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces cheddar cheese reduced-fat
- ☐ 8 8-inch 7%-fat-free flour tortillas ()
- ☐ 4 teaspoons cilantro leaves fresh chopped
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 1 cup mushrooms sliced
- ☐ 1 cup onion chopped
- ☐ 0.3 cup salsa

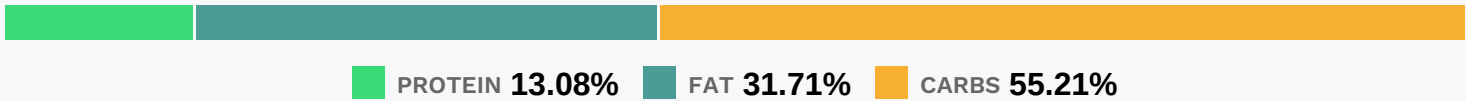
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ spatula

Directions

- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add mushrooms and onion; cook 3 minutes or until tender.
- ☐ Remove from heat.
- ☐ Wipe pan with paper towels; recoat with cooking spray. Coat 1 side of a tortilla with cooking spray.
- ☐ Place tortilla, coated side down, in pan, and top with 1/2 cup mushroom mixture, 2 tablespoons cheese, and a tortilla; cook 2 minutes or until browned. Coat top of quesadilla with cooking spray. Turn quesadilla using a wide spatula; cook 1 minute or until browned, pressing down on quesadilla to flatten as it cooks. Set aside and keep warm. Repeat procedure with remaining tortillas, mushroom mixture, and cheese.
- ☐ Cut each quesadilla into 4 wedges.
- ☐ Serve immediately with salsa, cilantro, and sour cream.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:17.01, Inflammation Score:-6, Nutrition Score:16.365652130998%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 415.52kcal (20.78%), Fat: 14.65g (22.53%), Saturated Fat: 6.68g (41.76%), Carbohydrates: 57.37g (19.12%), Net Carbohydrates: 52.59g (19.12%), Sugar: 6.65g (7.39%), Cholesterol: 19.21mg (6.4%), Sodium: 964.8mg (41.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.18%), Selenium: 29.78µg (42.55%), Vitamin B1:

0.57mg (37.77%), Phosphorus: 322.73mg (32.27%), Manganese: 0.59mg (29.35%), Calcium: 283.94mg (28.39%), Vitamin B2: 0.48mg (28.24%), Folate: 112.83µg (28.21%), Vitamin B3: 5.62mg (28.11%), Iron: 4.01mg (22.27%), Fiber: 4.79g (19.14%), Copper: 0.22mg (10.79%), Potassium: 346.06mg (9.89%), Magnesium: 36.33mg (9.08%), Zinc: 1.36mg (9.06%), Vitamin B6: 0.17mg (8.73%), Vitamin K: 8.91µg (8.48%), Vitamin B5: 0.67mg (6.68%), Vitamin A: 274.73IU (5.49%), Vitamin C: 3.93mg (4.76%), Vitamin B12: 0.22µg (3.67%), Vitamin E: 0.36mg (2.4%), Vitamin D: 0.16µg (1.08%)