



Nutty Quesadillas

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz chiles green drained chopped canned
- 1 cup milk cheddar cheese shredded 2% kraft
- 4 6-inch flour tortillas ()
- 0.5 cup planters roasted peanuts unsalted dry chopped

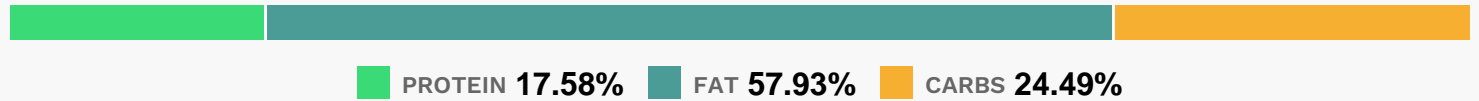
Equipment

- frying pan

Directions

- Top each tortilla with 1/4 cup cheese, 2 Tbsp. peanuts and 1/4 of the chilies; fold in half.
- Heat 12-inch nonstick skillet on medium heat. Spray pan with cooking spray.
- Add 1 quesadilla; cook 2 to 3 minutes or until bottom is golden brown. Turn over; cook an additional 3 minutes or until second side is golden brown.
- Remove from skillet. Keep warm. Repeat with remaining quesadillas, spraying pan with additional cooking spray as needed.
- Cut each quesadilla into quarters.
- Serve with TACO BELL Thick & Chunky Salsa.

Nutrition Facts



Properties

Glycemic Index:1.74, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:1.3521739153758%

Nutrients (% of daily need)

Calories: 36.42kcal (1.82%), Fat: 2.4g (3.7%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.14g (0.15%), Cholesterol: 3.23mg (1.08%), Sodium: 68.24mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Manganese: 0.07mg (3.32%), Calcium: 31.08mg (3.11%), Phosphorus: 30.28mg (3.03%), Selenium: 1.84µg (2.63%), Vitamin B3: 0.49mg (2.42%), Folate: 8.28µg (2.07%), Vitamin B1: 0.03mg (1.67%), Vitamin B2: 0.03mg (1.57%), Fiber: 0.36g (1.44%), Vitamin C: 1.11mg (1.34%), Magnesium: 5.26mg (1.31%), Iron: 0.22mg (1.22%), Zinc: 0.18mg (1.21%)