



Peach and Brie Quesadillas with Lime-Honey Dipping Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces brie cheese thinly sliced
- ☐ 1 teaspoon brown sugar
- ☐ 4 8-inch flour tortillas fat-free ()
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 tablespoons honey
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated

☐ 1 cup peaches firm ripe peeled thinly sliced (2 large)

Equipment

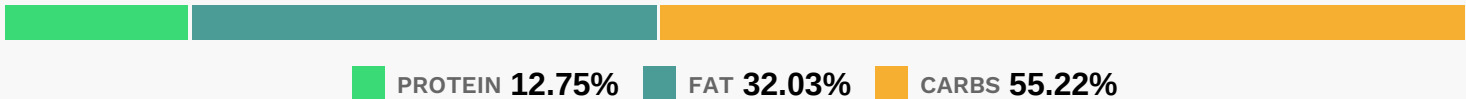
☐ frying pan

☐ whisk

Directions

- ☐ To prepare sauce, combine first 3 ingredients, stirring with a whisk; set aside.
- ☐ To prepare quesadillas, combine peaches, 1 tablespoon chives, and sugar, tossing gently to coat.
- ☐ Heat a large nonstick skillet over medium-high heat. Arrange one-fourth of cheese and one-fourth of peach mixture over half of each tortilla; fold tortillas in half. Coat pan with cooking spray.
- ☐ Place 2 quesadillas in pan; cook 2 minutes on each side or until tortillas are lightly browned and crisp.
- ☐ Remove from pan; keep warm. Repeat procedure with remaining quesadillas.
- ☐ Cut each quesadilla into 3 wedges; serve with sauce.
- ☐ Garnish with chive strips, if desired.

Nutrition Facts



Properties

Glycemic Index:38.42, Glycemic Load:9.23, Inflammation Score:-3, Nutrition Score:5.8660869481771%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 186.59kcal (9.33%), Fat: 6.72g (10.33%), Saturated Fat: 3.46g (21.66%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 24.44g (8.89%), Sugar: 9.91g (11.01%), Cholesterol: 14.17mg (4.72%), Sodium: 343.25mg (14.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.03%), Selenium: 10.25µg (14.64%), Vitamin B1: 0.19mg (12.53%), Folate: 43.57µg (10.89%), Vitamin B2: 0.18mg (10.65%), Phosphorus: 103.2mg (10.32%), Manganese: 0.2mg (9.83%), Vitamin B3: 1.78mg (8.89%), Iron: 1.44mg (7.98%), Calcium: 78.47mg (7.85%), Fiber: 1.61g (6.45%), Vitamin K: 4.62µg (4.4%), Zinc: 0.6mg (3.98%), Vitamin B12: 0.23µg (3.9%), Vitamin A: 190.27IU (3.81%), Magnesium: 12.92mg (3.23%), Vitamin B6: 0.06mg (3.16%), Copper: 0.06mg (3.11%), Potassium: 103.49mg (2.96%), Vitamin C: 1.93mg (2.33%), Vitamin B5: 0.2mg (2.03%), Vitamin E: 0.23mg (1.51%)