



Pear and Brie Quesadillas

 Vegetarian

READY IN



16 min.

SERVINGS



4

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounces round of président brie sliced
- 2 10-inch flour tortilla ()
- 1 pinch nutmeg
- 0.5 pears cored thinly sliced
- 4 servings salt to taste

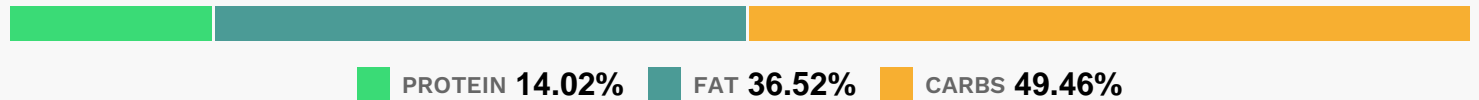
Equipment

- frying pan

Directions

- Place slices of Brie cheese over a tortilla.
- Layer the cheese with pear slices.
- Sprinkle with nutmeg and salt as desired. Top with the second tortilla.
- Spray a skillet with cooking spray.
- Place the quesadilla in the skillet over medium heat, and cook until golden brown and Brie melts, about 3 minutes on each side.
- Cut into four or eight triangles, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.94, Glycemic Load:6.52, Inflammation Score:-2, Nutrition Score:5.5873913194822%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 168.44kcal (8.42%), Fat: 6.84g (10.53%), Saturated Fat: 3.56g (22.24%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 18.89g (6.87%), Sugar: 3.6g (4%), Cholesterol: 14.17mg (4.72%), Sodium: 540.81mg (23.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.83%), Selenium: 9.89µg (14.12%), Vitamin B1: 0.19mg (12.63%), Folate: 43.86µg (10.97%), Vitamin B2: 0.18mg (10.49%), Phosphorus: 101.95mg (10.2%), Manganese: 0.2mg (9.81%), Vitamin B3: 1.64mg (8.2%), Calcium: 79.76mg (7.98%), Fiber: 1.97g (7.87%), Iron: 1.39mg (7.73%), Vitamin B12: 0.23µg (3.9%), Zinc: 0.55mg (3.67%), Vitamin K: 3.83µg (3.64%), Magnesium: 12.56mg (3.14%), Vitamin B6: 0.06mg (3.04%), Copper: 0.06mg (3%), Potassium: 92.02mg (2.63%), Vitamin A: 89.73IU (1.79%), Vitamin B5: 0.17mg (1.66%), Vitamin C: 0.96mg (1.17%)