



Pecan Quesadilla

READY IN



10 min.

SERVINGS



10

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 8-inch taco-size flour tortilla soft ()
- ☐ 1.5 oz havarti cheese shredded
- ☐ 10 servings pear preserves
- ☐ 2 tablespoons pecans toasted chopped

Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle 1 side of tortilla with cheese and pecans. Fold in half over filling. Cook quesadilla in a lightly greased skillet over medium-high heat 2 minutes on each side or until cheese melts and tortilla is golden brown.
- ☐ Cut into wedges, and serve with pear preserves.

Nutrition Facts



Properties

Glycemic Index:8.07, Glycemic Load:8.19, Inflammation Score:-2, Nutrition Score:4.7917390835026%

Flavonoids

Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 138.56kcal (6.93%), Fat: 3.22g (4.95%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 22.56g (8.21%), Sugar: 16.45g (18.28%), Cholesterol: 3.74mg (1.25%), Sodium: 71.3mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Fiber: 5.52g (22.07%), Manganese: 0.2mg (9.87%), Vitamin C: 7.18mg (8.7%), Copper: 0.17mg (8.45%), Vitamin K: 7.74µg (7.37%), Potassium: 209.99mg (6%), Phosphorus: 58.5mg (5.85%), Calcium: 49.6mg (4.96%), Folate: 19.41µg (4.85%), Vitamin B2: 0.07mg (4.36%), Magnesium: 16.31mg (4.08%), Vitamin B1: 0.06mg (4.06%), Zinc: 0.45mg (3.02%), Iron: 0.54mg (3.01%), Vitamin B6: 0.06mg (2.96%), Vitamin B3: 0.52mg (2.6%), Selenium: 1.74µg (2.49%), Vitamin E: 0.26mg (1.71%), Vitamin A: 76.34IU (1.53%), Vitamin B5: 0.12mg (1.21%)