



Pickled Summer Squash Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 flour tortilla soft
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 0.5 teaspoon jalapeno finely chopped
- ☐ 0.5 cup pepper jack cheese shredded
- ☐ 1 serving cream sour
- ☐ 2 tablespoons baby squash chopped

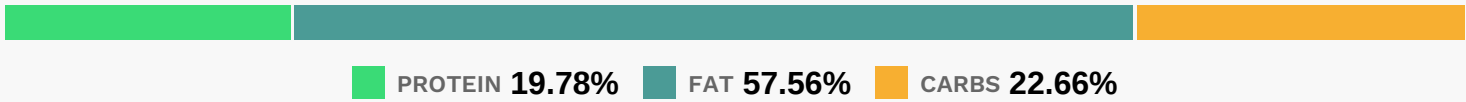
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle cheese on 1 side of tortilla; top with Judy's Pickled Squash, cilantro, and jalapeo pepper. Fold in half. Cook in a lightly greased nonstick skillet over medium-high heat 1 to 2 minutes on each side or until golden.
- ☐ Cut into wedges, and serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:125, Glycemic Load:4.82, Inflammation Score:-9, Nutrition Score:14.370869812758%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 340.36kcal (17.02%), Fat: 21.88g (33.67%), Saturated Fat: 12.89g (80.55%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 17.67g (6.43%), Sugar: 2.56g (2.84%), Cholesterol: 57.37mg (19.12%), Sodium: 564.82mg (24.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.83%), Vitamin A: 3686.62IU (73.73%), Calcium: 491.97mg (49.2%), Phosphorus: 332.24mg (33.22%), Selenium: 15.49µg (22.12%), Vitamin B2: 0.33mg (19.58%), Zinc: 1.94mg (12.95%), Vitamin B1: 0.19mg (12.83%), Folate: 47.81µg (11.95%), Vitamin C: 9.31mg (11.29%), Manganese: 0.22mg (10.92%), Iron: 1.72mg (9.55%), Vitamin B3: 1.78mg (8.89%), Magnesium: 33.51mg (8.38%), Vitamin B12: 0.49µg (8.24%), Fiber: 1.71g (6.86%), Vitamin B6: 0.12mg (6.17%), Potassium: 209.09mg (5.97%), Vitamin E: 0.71mg (4.74%), Vitamin K: 4.85µg (4.62%), Copper: 0.07mg (3.71%), Vitamin B5: 0.33mg (3.35%), Vitamin D: 0.34µg (2.26%)