



WHATSheATE



## Pizza Quesadillas (aka Pizzadillas)



Gluten Free



Popular

READY IN



20 min.

SERVINGS



2

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



1 tablespoon olives black sliced



16 slices pepperoni



4 tablespoons pizza sauce



1 cup mozzarella cheese shredded



2 10-inch tortillas ()

### Equipment



frying pan

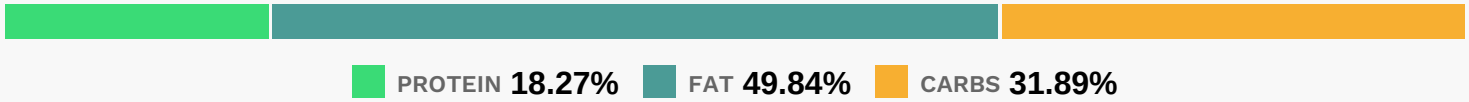


oven

# Directions

- ☐ Heat a large pan over medium heat.
- ☐ Place one tortilla in the pan, sprinkle half of the cheese over it, followed by the pizza sauce, pepperoni, olives, the remaining cheese and finally the remaining tortilla.Cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2–4 minutes per side.
- ☐ Spread the pizza sauce over the top of the quesadilla followed by the mozzarella, pepperoni and olives.
- ☐ Bake in a preheated 400F oven until the cheese has melted, about 5–10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:67, Glycemic Load:11.82, Inflammation Score:-6, Nutrition Score:16.203913056332%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 475.84kcal (23.79%), Fat: 26.22g (40.34%), Saturated Fat: 12.33g (77.09%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 34.71g (12.62%), Sugar: 4.26g (4.74%), Cholesterol: 59.76mg (19.92%), Sodium: 1323.72mg (57.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.63g (43.26%), Selenium: 29.99µg (42.84%), Calcium: 394.32mg (39.43%), Phosphorus: 375.98mg (37.6%), Vitamin B1: 0.42mg (28.02%), Vitamin B12: 1.48µg (24.75%), Vitamin B2: 0.42mg (24.52%), Manganese: 0.49mg (24.49%), Vitamin B3: 4.26mg (21.29%), Iron: 3.31mg (18.38%), Folate: 73.34µg (18.34%), Zinc: 2.46mg (16.43%), Fiber: 3.03g (12.13%), Vitamin A: 524.18IU (10.48%), Magnesium: 34.42mg (8.6%), Vitamin K: 8.15µg (7.76%), Potassium: 264.68mg (7.56%), Vitamin B6: 0.15mg (7.53%), Copper: 0.13mg (6.64%), Vitamin E: 0.86mg (5.7%), Vitamin B5: 0.48mg (4.77%), Vitamin D: 0.43µg (2.88%), Vitamin C: 2.1mg (2.55%)