



## Pulled Pork Quesadilla

READY IN



35 min.

SERVINGS



35

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 tsp chili powder
- 2 8-inch flour tortillas ()
- 1 clove garlic minced
- 0.5 cup milk cheddar jack cheese shredded 2% mexican style kraft finely
- 1 tsp oil
- 1 small onion sliced
- 0.5 pkg oscar mayer carving board hickory seasoned pulled pork smoked
- 0.5 cup pasilla peppers red sliced

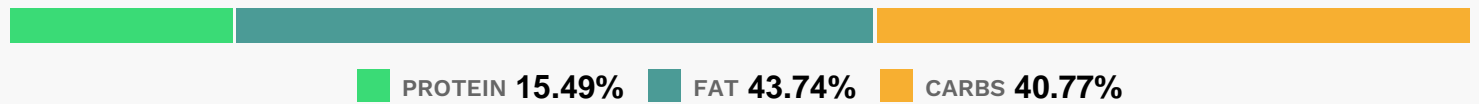
## Equipment

- frying pan

## Directions

- Heat oil in large skillet on medium heat.
- Add onions, peppers, garlic and chili powder; cook 10 min. or until onions are golden brown, stirring frequently.
- Add meat; cook 3 min. or until heated through, stirring occasionally. Spoon onto tortillas; top with cheese. Fold in half.
- Cook in skillet 2 to 3 min. on each side or until each quesadilla is golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:4.29, Glycemic Load:0.53, Inflammation Score:-1, Nutrition Score:0.87608695532317%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 17.69kcal (0.88%), Fat: 0.87g (1.33%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.3g (0.33%), Cholesterol: 1.44mg (0.48%), Sodium: 32.03mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin C: 2.9mg (3.51%), Vitamin A: 90.57IU (1.81%), Calcium: 17.2mg (1.72%), Phosphorus: 14.55mg (1.46%), Selenium: 0.92µg (1.31%), Vitamin B1: 0.02mg (1.15%), Folate: 4.4µg (1.1%), Manganese: 0.02mg (1.08%), Vitamin B2: 0.02mg (1.02%)