

Quesadilla Appetizers

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



36

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz chilis green drained chopped canned
- 8 oz cheddar cheese shredded
- 0.1 teaspoon hot sauce red
- 4 eggs
- 0.8 cup salsa thick
- 1 cup frangelico
- 1 cup frangelico

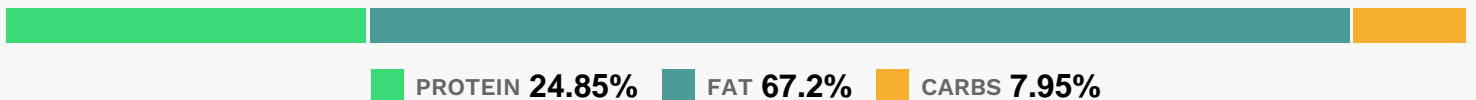
Equipment

- bowl
- frying pan
- oven
- knife
- whisk

Directions

- Heat oven to 375°F. Spray 9-inch square pan with cooking spray.
- Sprinkle chiles and cheese in pan.
- In medium bowl, stir all remaining ingredients except salsa with wire whisk or fork until blended.
- Pour into pan.
- Bake about 30 minutes or until golden brown and knife inserted in center comes out clean.
- Let stand 10 minutes.
- Cut into 6 rows by 6 rows.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:0.75, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.5517391160778%

Nutrients (% of daily need)

Calories: 34.93kcal (1.75%), Fat: 2.63g (4.04%), Saturated Fat: 1.36g (8.53%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.25g (0.27%), Cholesterol: 24.49mg (8.16%), Sodium: 96.55mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Calcium: 49.93mg (4.99%), Selenium: 3.34µg (4.77%), Phosphorus: 40.61mg (4.06%), Vitamin B2: 0.05mg (3.11%), Vitamin A: 119.52IU (2.39%), Zinc: 0.31mg (2.05%), Vitamin B12: 0.11µg (1.84%), Vitamin C: 1.19mg (1.44%), Folate: 5.54µg (1.38%), Vitamin B6: 0.03mg (1.3%), Vitamin B5: 0.11mg (1.15%), Vitamin E: 0.16mg (1.1%)