



Quick Fiesta Quesadillas

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 2 ounces cream cheese softened
- ☐ 1.5 cups ham diced cooked
- ☐ 6 8-inch flour tortillas ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup goat cheese crumbled
- ☐ 0.3 cup juice of lime
- ☐ 3 plum tomatoes seeded chopped
- ☐ 0.5 medium size onion diced red

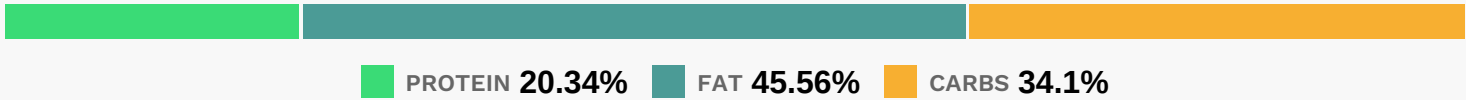
Equipment

☐ frying pan

Directions

- ☐ Combine first 8 ingredients.
- ☐ Spread 1 side of each tortilla with about 1/2 cup mixture; fold tortillas in half.
- ☐ Cook tortillas in a nonstick skillet coated with cooking spray, in batches, over medium-high heat 1 minute on each side or until golden brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:8.61, Inflammation Score:-7, Nutrition Score:14.782173913458%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 347.49kcal (17.37%), Fat: 17.59g (27.07%), Saturated Fat: 9.41g (58.83%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 26.9g (9.78%), Sugar: 3.96g (4.4%), Cholesterol: 47.57mg (15.86%), Sodium: 957.38mg (41.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.35%), Phosphorus: 308.68mg (30.87%), Vitamin B1: 0.46mg (30.38%), Selenium: 18.96µg (27.09%), Vitamin C: 21.98mg (26.65%), Vitamin B2: 0.39mg (23.17%), Copper: 0.39mg (19.5%), Vitamin B3: 3.78mg (18.9%), Folate: 73.47µg (18.37%), Iron: 3.23mg (17.93%), Manganese: 0.36mg (17.8%), Vitamin A: 852.96IU (17.06%), Calcium: 153.01mg (15.3%), Vitamin B6: 0.27mg (13.42%), Fiber: 2.73g (10.93%), Zinc: 1.39mg (9.3%), Vitamin K: 9.16µg (8.73%), Potassium: 291.59mg (8.33%), Vitamin B12: 0.49µg (8.18%), Magnesium: 30.21mg (7.55%), Vitamin B5: 0.71mg (7.14%), Vitamin E: 0.36mg (2.38%), Vitamin D: 0.15µg (1.01%)