



Quick Grilled Quesadilla

READY IN



10 min.

SERVINGS



1

CALORIES



1141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 oz flour tortilla for burritos (8 count)
- 1 oz cheddar cheese shredded
- 2 tablespoons oz. bacon into pieces (from 2-oz jar)
- 1 tablespoon spring onion sliced
- 0.3 cup salsa thick

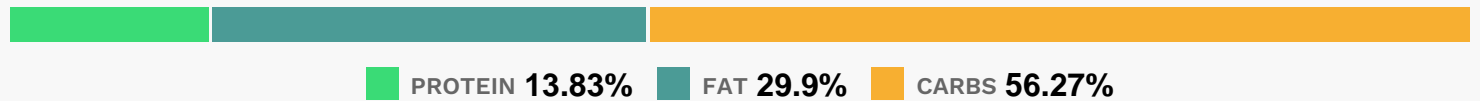
Equipment

- grill

Directions

- Heat closed contact grill 5 minutes. When grill is heated, place 1 tortilla on bottom grill surface. Quickly top with cheese, bacon and onion.
- Place remaining tortilla on top.
- Close grill; cook 4 to 5 minutes or until tortillas are crisp and cheese is melted.
- Cut into wedges; serve with salsa.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:48.94, Inflammation Score:-9, Nutrition Score:39.939999772155%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 1140.66kcal (57.03%), Fat: 37.69g (57.98%), Saturated Fat: 16.57g (103.54%), Carbohydrates: 159.56g (53.19%), Net Carbohydrates: 147.32g (53.57%), Sugar: 14.28g (15.87%), Cholesterol: 48.36mg (16.12%), Sodium: 3327.94mg (144.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.23g (78.46%), Selenium: 78.19µg (111.69%), Vitamin B1: 1.6mg (106.86%), Manganese: 1.63mg (81.32%), Phosphorus: 795.26mg (79.53%), Folate: 305.53µg (76.38%), Vitamin B3: 14.56mg (72.79%), Calcium: 678.24mg (67.82%), Iron: 11.73mg (65.15%), Vitamin B2: 1.03mg (60.59%), Fiber: 12.24g (48.96%), Vitamin K: 38.28µg (36.46%), Magnesium: 87.21mg (21.8%), Copper: 0.38mg (19.05%), Zinc: 2.85mg (18.98%), Potassium: 595.9mg (17.03%), Vitamin B6: 0.32mg (16.08%), Vitamin A: 655.88IU (13.12%), Vitamin B5: 0.76mg (7.64%), Vitamin E: 1.04mg (6.92%), Vitamin B12: 0.3µg (5.01%), Vitamin C: 2.36mg (2.86%), Vitamin D: 0.17µg (1.13%)