



Quick Kick Quesadilla

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 6-inch flour tortilla ()
- 1 milk pepperjack singles 2% kraft
- 2 Tbsp taco bellâ® refried beans

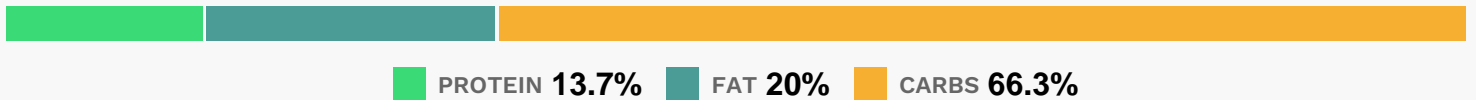
Equipment

- microwave

Directions

- Spread tortilla with refried beans.
- Top with Singles; fold in half.
- Place on microwavable plate.
- Microwave on HIGH 15 to 20 seconds or until Singles begins to melt.
- Cut into 4 wedges to serve.
- Serve with TACO BELL Thick & Chunky Salsa, if desired.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:1.1, Inflammation Score:-1, Nutrition Score:0.73130434743412%

Nutrients (% of daily need)

Calories: 22.5kcal (1.13%), Fat: 0.49g (0.75%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.38g (0.42%), Cholesterol: 0.02mg (0.01%), Sodium: 78.74mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin B1: 0.03mg (2.02%), Selenium: 1.34µg (1.92%), Fiber: 0.46g (1.85%), Iron: 0.27mg (1.51%), Manganese: 0.03mg (1.48%), Folate: 5.64µg (1.41%), Vitamin B3: 0.27mg (1.33%), Phosphorus: 12.56mg (1.26%), Calcium: 10.99mg (1.1%), Vitamin B2: 0.02mg (1.01%)