



Quick Quesadilla

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 6-inch flour tortilla ()
- 1 tsp green onions sliced
- 1 milk singles 2% kraft
- 1 Tbsp pasilla peppers red chopped

Equipment

- microwave

Directions

- Place tortilla on microwaveable plate; top with remaining ingredients. Fold in half.
- Microwave on HIGH 15 to 20 sec. or until 2% Milk Singles begins to melt. Fold in half again.

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:4.83, Inflammation Score:-4, Nutrition Score:4.8330434729224%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 95.36kcal (4.77%), Fat: 2.45g (3.77%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 14.28g (5.19%), Sugar: 1.6g (1.78%), Cholesterol: 0.08mg (0.03%), Sodium: 221.96mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin C: 12.28mg (14.89%), Vitamin B1: 0.16mg (10.49%), Selenium: 6.74µg (9.62%), Folate: 33.81µg (8.45%), Manganese: 0.16mg (8.1%), Vitamin B3: 1.43mg (7.14%), Phosphorus: 65.88mg (6.59%), Vitamin K: 6.76µg (6.44%), Iron: 1.16mg (6.44%), Vitamin A: 312.14IU (6.24%), Vitamin B2: 0.1mg (5.64%), Fiber: 1.3g (5.19%), Calcium: 47.09mg (4.71%), Vitamin B6: 0.05mg (2.32%), Magnesium: 8.23mg (2.06%), Potassium: 64.04mg (1.83%), Copper: 0.03mg (1.73%), Zinc: 0.19mg (1.3%), Vitamin E: 0.16mg (1.05%)