



Quick Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 6 6-inch flour tortillas ()
- ☐ 3 ounces monterrey jack cheese shredded reduced-fat
- ☐ 3 ounces nonfat sharp cheddar cheese shredded
- ☐ 1 cup tomatoes chopped

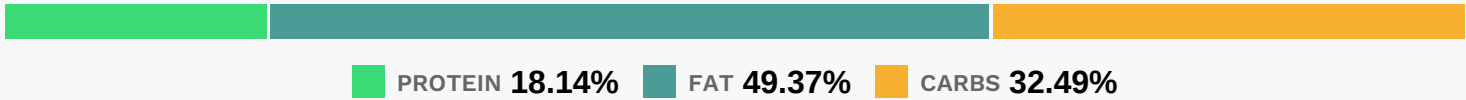
Equipment

- ☐ frying pan

Directions

- ☐ Divide first 4 ingredients evenly among tortillas, arranging ingredients just off center of each tortilla.
- ☐ Coat a large nonstick skillet or griddle with cooking spray; place over medium-high heat until hot.
- ☐ Place 1 tortilla in skillet or on griddle; cook 1 minute or until bottom of tortilla is golden. Fold tortilla in half; cook 30 additional seconds or until cheeses melt. Repeat procedure with remaining tortillas.
- ☐ Cut each quesadilla into 4 wedges.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:1.26, Inflammation Score:-1, Nutrition Score:2.0913043436797%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 52.86kcal (2.64%), Fat: 2.9g (4.47%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 3.87g (1.41%), Sugar: 0.47g (0.52%), Cholesterol: 6.7mg (2.23%), Sodium: 121.05mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Calcium: 64.97mg (6.5%), Phosphorus: 49.49mg (4.95%), Selenium: 3.21µg (4.58%), Vitamin C: 2.67mg (3.23%), Vitamin B2: 0.05mg (3.14%), Folate: 12.23µg (3.06%), Vitamin B1: 0.04mg (2.81%), Vitamin A: 121.17IU (2.42%), Manganese: 0.04mg (2.24%), Iron: 0.39mg (2.17%), Vitamin B3: 0.41mg (2.03%), Zinc: 0.29mg (1.94%), Fiber: 0.43g (1.71%), Vitamin K: 1.2µg (1.15%), Vitamin B12: 0.07µg (1.12%), Magnesium: 4.46mg (1.11%), Vitamin B6: 0.02mg (1.05%), Potassium: 35.69mg (1.02%)