



Quiero Quesadillas

 Gluten Free

READY IN



9 min.

SERVINGS



9

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup four cheese shredded mexican style kraft finely
- 2 corn tortillas
- 2 Tbsp green onion
- 0.5 cup roasted shredded cooked
- 0.3 cup salsa

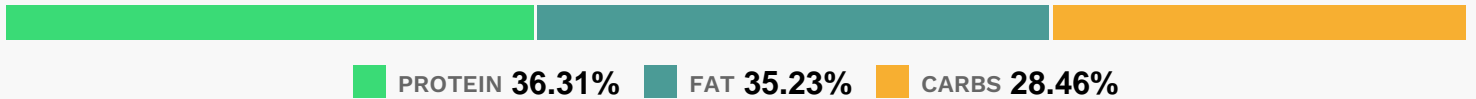
Equipment

- frying pan

Directions

- Mix meat, cheese and onions until well blended.
- Spoon evenly onto tortillas; fold over tortillas to enclose filling.
- Spray griddle or large skillet with cooking spray. Cook quesadillas 2 minutes on each side or until crisp and lightly browned on both sides.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:1.16, Inflammation Score:-1, Nutrition Score:2.550869550394%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 45.27kcal (2.26%), Fat: 1.78g (2.74%), Saturated Fat: 0.79g (4.97%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.71g (0.99%), Sugar: 0.37g (0.41%), Cholesterol: 11.42mg (3.81%), Sodium: 77.16mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Selenium: 4.95µg (7.08%), Phosphorus: 64.9mg (6.49%), Vitamin B6: 0.13mg (6.38%), Vitamin B3: 0.93mg (4.66%), Vitamin B1: 0.07mg (4.52%), Calcium: 30.51mg (3.05%), Vitamin K: 3.14µg (2.99%), Zinc: 0.45mg (2.98%), Vitamin B2: 0.05mg (2.68%), Magnesium: 9.77mg (2.44%), Potassium: 84.63mg (2.42%), Fiber: 0.53g (2.11%), Vitamin B12: 0.1µg (1.67%), Vitamin A: 79.53IU (1.59%), Manganese: 0.03mg (1.52%), Vitamin B5: 0.13mg (1.33%), Copper: 0.02mg (1.17%), Iron: 0.2mg (1.1%), Vitamin E: 0.15mg (1.02%)