



Ranch Quesadilla

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups seasonal veggies mixed diced frozen a combination of butternut squash, onion, garlic, mushrooms, peas or corn kernels is nice
- ☐ 1 teaspoon olive oil
- ☐ 9 ounces part-skim mozzarella cheese shredded
- ☐ 6 6-inch tortillas whole wheat

Equipment

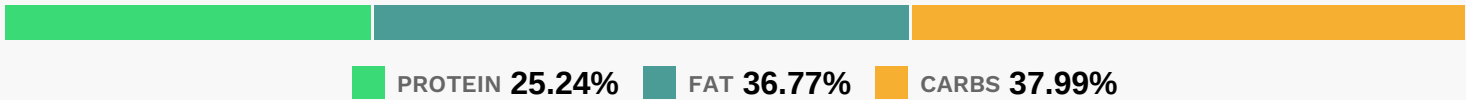
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oil in a nonstick skillet over medium heat. If using onions, saut 3–5 minutes, or until soft and translucent.
- ☐ Add remaining vegetables. Continue cooking until all of the vegetables are soft.
- ☐ Preheat oven to 35
- ☐ Sprinkle 1/3 cup of cheese and 1/3 cup of vegetables evenly over each tortilla; fold in half.
- ☐ Place tortillas on baking sheet lightly coated with cooking spray.
- ☐ Bake for 10 minutes, or until cheese melts. Enjoy with your favorite salsa.
- ☐ Add a tablespoon of cooked black or pinto beans to the vegetables in each quesadilla.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:2.58, Inflammation Score:-9, Nutrition Score:10.443912889646%

Nutrients (% of daily need)

Calories: 227.87kcal (11.39%), Fat: 9.48g (14.59%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 17.89g (6.51%), Sugar: 1.63g (1.82%), Cholesterol: 27.22mg (9.07%), Sodium: 453.47mg (19.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.29%), Vitamin A: 3285.2IU (65.7%), Calcium: 393.93mg (39.39%), Phosphorus: 232.68mg (23.27%), Fiber: 4.16g (16.63%), Vitamin B2: 0.18mg (10.61%), Zinc: 1.45mg (9.64%), Selenium: 6.37µg (9.09%), Vitamin C: 6.31mg (7.65%), Manganese: 0.15mg (7.61%), Iron: 1.3mg (7.21%), Magnesium: 24.34mg (6.09%), Vitamin B12: 0.35µg (5.81%), Vitamin B1: 0.08mg (5.44%), Folate: 21.42µg (5.36%), Potassium: 164.34mg (4.7%), Vitamin B6: 0.09mg (4.4%), Vitamin B3: 0.8mg (4.02%), Copper: 0.07mg (3.35%), Vitamin B5: 0.13mg (1.32%), Vitamin E: 0.16mg (1.04%), Vitamin K: 1.08µg (1.03%)