



Red Onion, Sour Cream, and Caviar Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

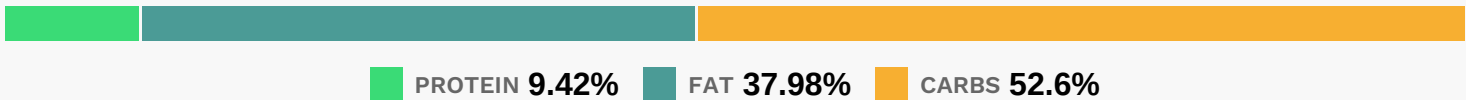
- ☐ 2 8-inch flour tortilla
- ☐ 2 tablespoons onion red chopped
- ☐ 4 tablespoons cream sour

Equipment

Directions

- ☐ Fold tortillas in half and cut each quesadilla into 3 wedges.
- ☐ tablespoons sour cream
- ☐ tablespoons caviar
- ☐ Red onion slivers
- ☐ Small dill sprigs
- ☐ thin lemon slices

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:8.17, Inflammation Score:-3, Nutrition Score:6.5691303818122%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 207.58kcal (10.38%), Fat: 8.74g (13.45%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 25.28g (9.19%), Sugar: 3.13g (3.48%), Cholesterol: 14.16mg (4.72%), Sodium: 383.2mg (16.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Vitamin B1: 0.27mg (17.73%), Selenium: 12.31µg (17.59%), Manganese: 0.27mg (13.37%), Folate: 51.28µg (12.82%), Phosphorus: 126.2mg (12.62%), Vitamin B3: 2.29mg (11.44%), Vitamin B2: 0.19mg (10.99%), Iron: 1.89mg (10.49%), Calcium: 101mg (10.1%), Fiber: 1.96g (7.82%), Vitamin K: 4.07µg (3.88%), Magnesium: 14.62mg (3.66%), Potassium: 108.35mg (3.1%), Copper: 0.06mg (3.06%), Vitamin A: 149.72IU (2.99%), Vitamin B6: 0.05mg (2.6%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.18mg (1.77%), Vitamin C: 0.96mg (1.16%)