



## Roasted Turkey Quesadilla

READY IN



20 min.

SERVINGS



4

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup four cheese shredded mexican style kraft finely
- 1 green onion thinly sliced
- 0.3 cup pasilla peppers red chopped
- 0.5 cup roasted turkey leftover chopped
- 4 8-inch tortillas whole wheat ()

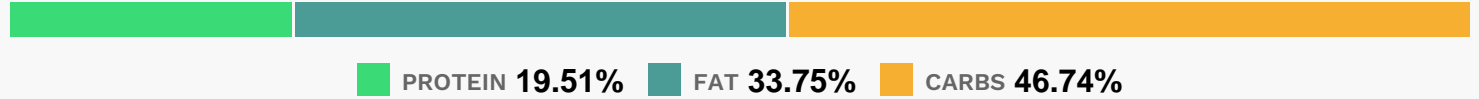
### Equipment

- frying pan

## Directions

- Cover half of each tortilla with 1/4 of the remaining ingredients; fold in half.
- Cook, 1 or 2 at a time, in large nonstick skillet on medium heat 3 min. on each side or until cheese is melted and quesadillas are lightly browned on both sides.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:4.9195652241292%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 174.92kcal (8.75%), Fat: 6.6g (10.15%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 17.63g (6.41%), Sugar: 2.28g (2.53%), Cholesterol: 18.36mg (6.12%), Sodium: 325.15mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.16%), Vitamin C: 12.48mg (15.13%), Calcium: 141.86mg (14.19%), Fiber: 2.94g (11.75%), Vitamin A: 422.8IU (8.46%), Selenium: 5.34µg (7.63%), Phosphorus: 69.4mg (6.94%), Vitamin K: 6.89µg (6.56%), Iron: 1.17mg (6.48%), Vitamin B6: 0.11mg (5.49%), Vitamin B3: 1.06mg (5.3%), Vitamin B2: 0.07mg (4.4%), Vitamin B12: 0.25µg (4.19%), Zinc: 0.6mg (4.01%), Folate: 9.05µg (2.26%), Magnesium: 7.37mg (1.84%), Potassium: 63.01mg (1.8%), Vitamin B5: 0.17mg (1.71%), Vitamin E: 0.25mg (1.64%), Vitamin B1: 0.02mg (1.02%)