



HEALTH SCORE

72%

Smoked Cheddar and Apple Quesadilla



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



5264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach
- ☐ 2 cups cheddar smoked grated
- ☐ 8 slices bacon crumbled cooked
- ☐ 2 granny smith apples cored thinly sliced
- ☐ 4 servings cup heavy whipping cream sour for serving
- ☐ 56 2-inch tortillas whole-wheat

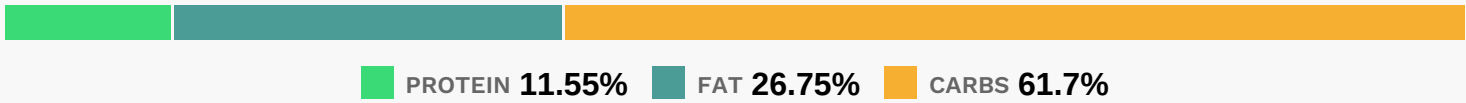
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Sprinkle 1 tortilla with some cheese, a small handful of baby spinach, bacon and sliced apples. Press another tortilla on top to make a quesadilla.
- ☐ Heat a nonstick skillet over medium-high heat and spray with nonstick spray. Cook the quesadilla on each side for 2 to 3 minutes until golden. Repeat with the remaining tortillas and fillings. Slice into wedges and serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:252.83, Inflammation Score:-10, Nutrition Score:69.054782556451%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 5263.69kcal (263.18%), Fat: 154.89g (238.29%), Saturated Fat: 60.62g (378.86%), Carbohydrates: 803.73g (267.91%), Net Carbohydrates: 745.36g (271.04%), Sugar: 69.33g (77.04%), Cholesterol: 79.42mg (26.47%), Sodium: 12401.35mg (539.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 150.42g (300.84%), Vitamin B1: 8.16mg (544.23%), Selenium: 380.6µg (543.72%), Manganese: 8.06mg (403.06%), Folate: 1544.66µg (386.16%), Phosphorus: 3635.09mg (363.51%), Vitamin B3: 72.46mg (362.28%), Iron: 58.7mg (326.12%), Vitamin B2: 4.86mg (285.83%), Calcium: 2763.8mg (276.38%), Fiber: 58.37g (233.5%), Vitamin K: 190.9µg (181.81%), Magnesium: 388.93mg (97.23%), Copper: 1.74mg (87.08%), Zinc: 11.18mg (74.52%), Potassium: 2314.42mg (66.13%), Vitamin B6: 1.14mg (56.89%), Vitamin A: 2102.5IU (42.05%), Vitamin B5: 3.14mg (31.35%), Vitamin B12: 0.8µg (13.31%), Vitamin C: 8.51mg (10.31%), Vitamin E: 1mg (6.7%), Vitamin D: 0.4µg (2.69%)