



Smoked-Salmon Quesadillas

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 8-inch flour tortillas fat-free
- ☐ 0.8 cup cream cheese light with chives and onions 6 ounces tub-style
- ☐ 8 ounces salmon smoked coarsely chopped

Equipment

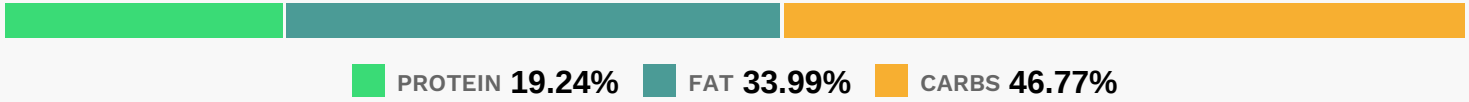
- ☐ frying pan

Directions

- ☐
- Spread cream cheese evenly over 4 tortillas. Divide the salmon among tortillas.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:7.97, Inflammation Score:-3, Nutrition Score:10.713478264601%

Nutrients (% of daily need)

Calories: 234.61kcal (11.73%), Fat: 8.74g (13.45%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 25.26g (9.19%), Sugar: 3.2g (3.56%), Cholesterol: 18.67mg (6.22%), Sodium: 678.41mg (29.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.27%), Vitamin D: 4.92µg (32.77%), Selenium: 21.46µg (30.66%), Vitamin B12: 1.13µg (18.85%), Phosphorus: 185.85mg (18.59%), Vitamin B1: 0.27mg (18.14%), Vitamin B3: 3.62mg (18.11%), Manganese: 0.27mg (13.36%), Folate: 52.79µg (13.2%), Vitamin B2: 0.21mg (12.6%), Iron: 2.14mg (11.87%), Calcium: 111.16mg (11.12%), Fiber: 1.8g (7.2%), Copper: 0.13mg (6.31%), Vitamin B6: 0.12mg (5.96%), Vitamin B5: 0.52mg (5.21%), Potassium: 169.77mg (4.85%), Magnesium: 18.23mg (4.56%), Vitamin K: 4.05µg (3.86%), Zinc: 0.49mg (3.25%), Vitamin A: 149.21IU (2.98%), Vitamin E: 0.44mg (2.96%)