



Smoky Cowboy Quesadillas

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 6-inch flour tortillas fat-free ()
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup corn kernels fresh (1 ear)
- 4 ounces turkey ham smoked chopped
- 3 ounces monterrey jack cheese shredded with jalapeno peppers
- 0.5 cup bottled salsa

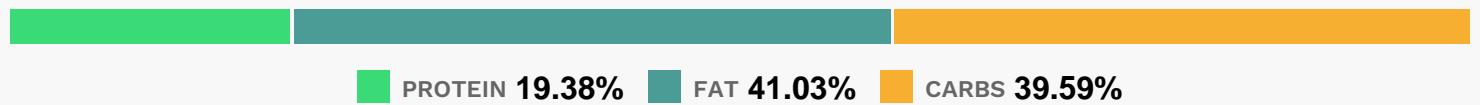
Equipment

- frying pan

Directions

- Spread 2 tablespoons salsa over each of 4 tortillas; top each with 1/4 cup ham, 2 tablespoons corn, 1 tablespoon cilantro, 3 tablespoons cheese, and 4 tortillas.
- Place a nonstick skillet over medium heat until hot.
- Add 1 quesadilla; cook 2 minutes on each side or until crisp. Repeat procedure with remaining quesadillas.
- Cut each quesadilla into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:4.7, Inflammation Score:-3, Nutrition Score:6.8665216850198%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 178.52kcal (8.93%), Fat: 8.15g (12.54%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 16.16g (5.88%), Sugar: 2.36g (2.62%), Cholesterol: 18.25mg (6.08%), Sodium: 561.03mg (24.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.33%), Vitamin B1: 0.26mg (17.18%), Selenium: 11.65µg (16.65%), Phosphorus: 152.84mg (15.28%), Calcium: 129.17mg (12.92%), Vitamin B3: 2.32mg (11.58%), Vitamin B2: 0.17mg (9.9%), Manganese: 0.19mg (9.33%), Folate: 35.31µg (8.83%), Iron: 1.41mg (7.85%), Fiber: 1.54g (6.15%), Zinc: 0.88mg (5.89%), Vitamin B6: 0.12mg (5.89%), Magnesium: 18.08mg (4.52%), Vitamin K: 4.69µg (4.46%), Potassium: 155.65mg (4.45%), Vitamin A: 210.44IU (4.21%), Copper: 0.06mg (3.15%), Vitamin B12: 0.18µg (2.98%), Vitamin B5: 0.24mg (2.37%), Vitamin E: 0.3mg (1.97%), Vitamin C: 1.06mg (1.28%), Vitamin D: 0.16µg (1.09%)