



Speedy Quesadillas

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 8-inch flour tortillas fat-free ()
- 0.3 cup green onions chopped
- 1 cup cheddar cheese shredded reduced-fat

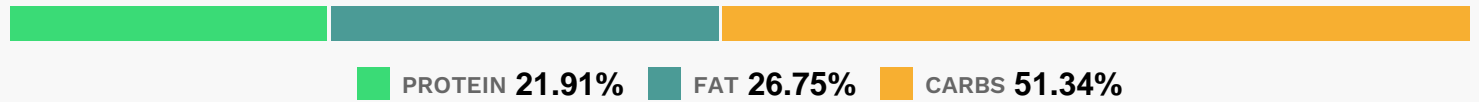
Equipment

- frying pan

Directions

- Coat a large nonstick skillet with cooking spray; place over medium-high heat.
- Place 1 tortilla in skillet, and top with 1/2 cup cheese, 2 tablespoons onions, and another tortilla. Cook 2 minutes on each side or until lightly browned.
- Remove from skillet, and keep warm. Repeat with remaining tortillas, cheese, and onions.
- Cut each quesadilla into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:8.05, Inflammation Score:-3, Nutrition Score:8.5200000029543%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 206.93kcal (10.35%), Fat: 6.06g (9.33%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 26.19g (8.73%), Net Carbohydrates: 24.24g (8.82%), Sugar: 2.18g (2.43%), Cholesterol: 5.93mg (1.98%), Sodium: 549.25mg (23.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.35%), Phosphorus: 244.1mg (24.41%), Selenium: 15.51µg (22.15%), Calcium: 196.2mg (19.62%), Vitamin B1: 0.26mg (17.56%), Vitamin K: 16.78µg (15.98%), Folate: 55.05µg (13.76%), Manganese: 0.26mg (13.18%), Vitamin B2: 0.21mg (12.43%), Vitamin B3: 2.3mg (11.51%), Iron: 2.06mg (11.46%), Fiber: 1.95g (7.79%), Zinc: 0.81mg (5.39%), Magnesium: 16.99mg (4.25%), Copper: 0.06mg (3.21%), Potassium: 99.64mg (2.85%), Vitamin A: 120.79IU (2.42%), Vitamin B6: 0.05mg (2.33%), Vitamin B12: 0.14µg (2.31%), Vitamin C: 1.17mg (1.42%), Vitamin B5: 0.14mg (1.4%)