



Spicy Bean "Quesadillas"

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 oz milk cheddar cheese 2% kraft
- 0.3 cup taco bellâ® refried beans
- 0.3 cup taco bellâ® & chunky salsa thick
- 24 woven wheat crackers

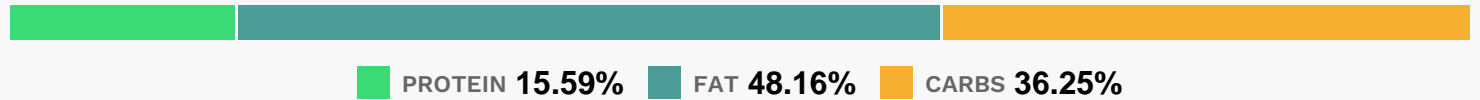
Equipment

- microwave

Directions

- Cut cheese into 6 slices; cut each slice crosswise in half. Top 12 crackers with beans, cheese and salsa. Cover with remaining crackers to make 12 sandwiches.
- Place 6 cracker sandwiches on microwaveable plate. Microwave on HIGH 10 to 15 sec. or until cheese is melted. Repeat.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:2.1965217616247%

Nutrients (% of daily need)

Calories: 100.89kcal (5.04%), Fat: 5.42g (8.33%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 7.82g (2.84%), Sugar: 2.05g (2.28%), Cholesterol: 11.34mg (3.78%), Sodium: 298.71mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.89%), Calcium: 93.53mg (9.35%), Phosphorus: 56.1mg (5.61%), Fiber: 1.35g (5.41%), Selenium: 3.33µg (4.75%), Vitamin A: 185.98IU (3.72%), Vitamin B2: 0.05mg (3.19%), Zinc: 0.44mg (2.95%), Iron: 0.41mg (2.25%), Vitamin B12: 0.12µg (2%), Vitamin E: 0.24mg (1.62%), Vitamin B6: 0.03mg (1.54%), Magnesium: 5.01mg (1.25%), Potassium: 42.27mg (1.21%)