



Spinach and Feta Quesadillas



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



1

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons feta crumbled
- ☐ 1 green onion sliced
- ☐ 1 tablespoon herbs chopped (a combination of mint, dill and parsley)
- ☐ 0.5 cup pkt spinach packed steamed
- ☐ 2 8-inch tortillas ()

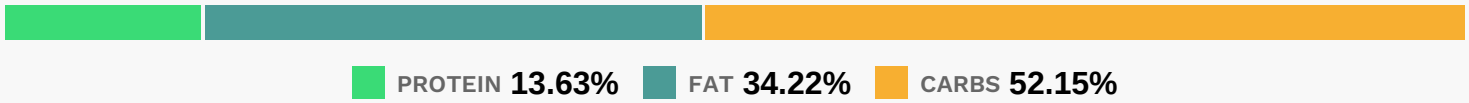
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the spinach, herbs, green onions and feta in a bowl.Melt a touch of butter in a pan.
- ☐ Place a tortilla into the pan, swirl it around in the butter and repeat with the second tortilla.
- ☐ Sprinkle half of the cheese on the tortilla followed by the filling, the remaining cheese and finally the other tortilla.Cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2–4 minutes per side. (Tip: To easily flip the quesadilla place a plate onto the quesadilla in the pan and flip it from the pan to the plate and then slide it back into the pan.)

Nutrition Facts



Properties

Glycemic Index:157, Glycemic Load:16.56, Inflammation Score:-9, Nutrition Score:23.830000035141%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 410.95kcal (20.55%), Fat: 15.57g (23.96%), Saturated Fat: 7.52g (46.99%), Carbohydrates: 53.39g (17.8%), Net Carbohydrates: 49.04g (17.83%), Sugar: 4.16g (4.62%), Cholesterol: 30.26mg (10.09%), Sodium: 1154.33mg (50.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.92%), Vitamin K: 170.85µg (162.71%), Vitamin A: 2006.63IU (40.13%), Selenium: 28.07µg (40.1%), Vitamin B1: 0.59mg (39.14%), Folate: 149.62µg (37.4%), Vitamin B2: 0.62mg (36.26%), Calcium: 345.55mg (34.56%), Phosphorus: 338.81mg (33.88%), Manganese: 0.67mg (33.68%), Iron: 4.76mg (26.42%), Vitamin B3: 5.07mg (25.35%), Fiber: 4.34g (17.38%), Vitamin C: 11.79mg (14.29%), Vitamin B6: 0.24mg (12.23%), Magnesium: 45.15mg (11.29%), Zinc: 1.69mg (11.26%), Vitamin B12: 0.57µg (9.58%), Potassium: 287.56mg (8.22%), Copper: 0.15mg (7.62%), Vitamin B5: 0.53mg (5.31%), Vitamin E: 0.46mg (3.08%)