



Spinach and Mushroom Quesadillas

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 4 10-inch flour tortillas ()
- 2 cloves garlic sliced
- 2 portobello mushroom caps sliced
- 2 cups cheddar cheese shredded
- 10 ounce pkt spinach chopped
- 1 tablespoon vegetable oil

Equipment

- frying pan
- baking sheet
- oven

Directions

- Prepare spinach according to package directions.
- Drain and pat dry.
- Preheat oven to 350 degrees F (175 degrees C).
- Sprinkle 1/2 cup cheese on one side of each tortilla.
- Place tortillas cheese side up on baking sheets, and bake 5 minutes, or until cheese is melted.
- Melt the butter in a skillet over medium heat. Stir in garlic and mushrooms, and cook about 5 minutes.
- Mix in spinach, and continue cooking 5 minutes.
- Place an equal amount of the mixture on the cheese side of each tortilla. Fold tortillas in half over the filling.
- Heat oil in a separate skillet over medium heat.
- Place quesadillas in the skillet one at a time, and cook 3 minutes on each side, until golden brown.
- Cut each quesadilla into 4 wedges to serve.

Nutrition Facts



PROTEIN 15.71% **FAT 55.21%** **CARBS 29.08%**

Properties

Glycemic Index:10.81, Glycemic Load:2.94, Inflammation Score:-8, Nutrition Score:11.458260784978%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 138.19kcal (6.91%), Fat: 8.58g (13.2%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 9.02g (3.28%), Sugar: 1.04g (1.15%), Cholesterol: 17.89mg (5.96%), Sodium: 247.44mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Vitamin K: 88.87µg (84.64%), Vitamin A: 1846.76IU (36.94%), Calcium: 144.37mg (14.44%), Selenium: 10.1µg (14.43%), Folate: 56.79µg (14.2%), Manganese: 0.26mg (13.02%), Phosphorus: 121.76mg (12.18%), Vitamin B2: 0.16mg (9.4%), Vitamin B1: 0.11mg (7.53%), Vitamin B3: 1.38mg (6.92%), Iron: 1.18mg (6.54%), Vitamin C: 5.1mg (6.18%), Magnesium: 21.79mg (5.45%), Zinc: 0.77mg (5.11%), Potassium: 171.76mg (4.91%), Fiber: 1.15g (4.59%), Copper: 0.08mg (3.85%), Vitamin E: 0.58mg (3.85%), Vitamin B6: 0.07mg (3.74%), Vitamin B12: 0.16µg (2.63%), Vitamin B5: 0.22mg (2.22%)