

# Spinach Quesadillas with Feta Cheese

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 16 cherry tomatoes
- 1 ounce feta cheese crumbled
- 9 oz spinach green frozen thawed chopped giant®
- 0.3 cup cream cheese with roasted garlic soft reduced-fat
- 0.3 cup olives ripe sliced
- 1 tablespoon onion red finely chopped
- 2 tablespoons cream fat-free sour

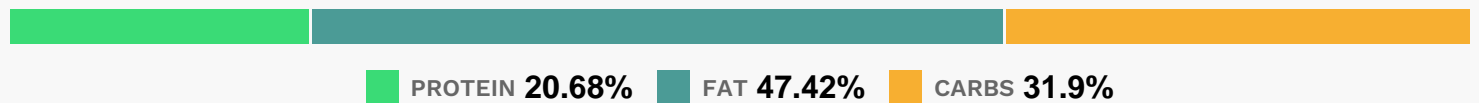
## Equipment

- frying pan
- toothpicks

## Directions

- Spread 2 tortillas with cream cheese.
- Layer spinach, onion and feta cheese over cream cheese. Top with remaining 2 tortillas; press lightly.
- Spray 12-inch nonstick skillet with cooking spray; heat over medium heat. Cook each quesadilla in skillet 2 to 3 minutes on each side or until light golden brown.
- Cut each quesadilla into 8 wedges.
- Cut cherry tomatoes in half; top with sour cream, tomato halves and olives. Secure with toothpicks.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:3.38, Glycemic Load:0.03, Inflammation Score:-8, Nutrition Score:6.7656521016489%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 24.34kcal (1.22%), Fat: 1.39g (2.13%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.79g (0.88%), Cholesterol: 3.74mg (1.25%), Sodium: 82.38mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin K: 59.9µg (57.05%), Vitamin A: 1993.33IU (39.87%), Folate: 26.96µg (6.74%), Manganese: 0.13mg (6.59%), Vitamin C: 4.8mg (5.82%), Vitamin E: 0.65mg (4.34%), Calcium: 39.84mg (3.98%), Vitamin B2: 0.06mg (3.76%), Magnesium: 14.57mg (3.64%), Potassium: 106.33mg (3.04%), Fiber: 0.66g (2.65%), Phosphorus: 25.94mg (2.59%), Vitamin B6: 0.05mg (2.59%), Iron: 0.45mg (2.48%), Selenium: 1.56µg (2.23%), Copper: 0.04mg (2.02%), Vitamin B1: 0.03mg (1.78%), Zinc: 0.19mg (1.3%), Vitamin B12: 0.07µg (1.15%)