



Spinach Quesadillas with Feta Cheese

 Vegetarian

READY IN



20 min.

SERVINGS



16

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 cherry tomatoes
- ☐ 1 ounce feta cheese crumbled
- ☐ 4 8-inch flour tortilla fat-free (es in diameter)
- ☐ 9 oz spinach frozen thawed chopped
- ☐ 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

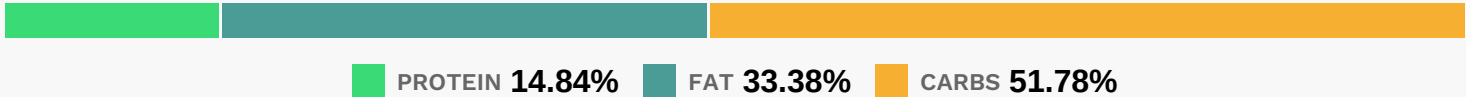
Equipment

- ☐ 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:5.5, Glycemic Load:2.02, Inflammation Score:-8, Nutrition Score:8.1560868228907%

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: 63.35kcal (3.17%), Fat: 2.41g (3.7%), Saturated Fat: 1g (6.26%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 7.29g (2.65%), Sugar: 1.26g (1.4%), Cholesterol: 3.74mg (1.25%), Sodium: 176.22mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.81%), Vitamin K: 60.82µg (57.92%), Vitamin A: 1993.33IU (39.87%), Manganese: 0.19mg (9.74%), Folate: 38.94µg (9.74%), Selenium: 4.4µg (6.29%), Vitamin B1: 0.09mg (6.05%), Vitamin B2: 0.1mg (5.87%), Calcium: 58.46mg (5.85%), Vitamin C: 4.8mg (5.82%), Phosphorus: 52.2mg (5.22%), Iron: 0.91mg (5.05%), Fiber: 1.11g (4.43%), Magnesium: 17.38mg (4.34%), Vitamin E: 0.65mg (4.34%),

Vitamin B3: 0.76mg (3.82%), Potassium: 122.27mg (3.49%), Vitamin B6: 0.06mg (2.96%), Copper: 0.05mg (2.69%),
Zinc: 0.26mg (1.75%), Vitamin B12: 0.07µg (1.15%), Vitamin B5: 0.11mg (1.08%)