



Three Pepper Quesadillas

READY IN



30 min.

SERVINGS



30

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 8 oz philadelphia cream cheese softened
- 10 6-inch flour tortillas ()
- 0.5 tsp ground cumin
- 0.5 cup onion thin
- 1 cup pepper strips green thin
- 1 cup pepper strips red thin
- 1 cup pepper strips yellow thin
- 16 oz taco bellâ® & chunky salsa thick

8 oz sharp cheddar cheese shredded kraft

Equipment

frying pan

baking sheet

oven

hand mixer

Directions

Preheat oven to 425F. Cook and stir peppers and onion in butter in large skillet on medium-high heat until crisp-tender. Stir in cumin.

Drain, reserving liquid.

Beat cream cheese and cheddar cheese with electric mixer on medium speed until well blended. Spoon 2 Tbsp. cheese mixture onto each tortilla; top each evenly with pepper mixture. Fold tortillas in half; place on ungreased baking sheet.

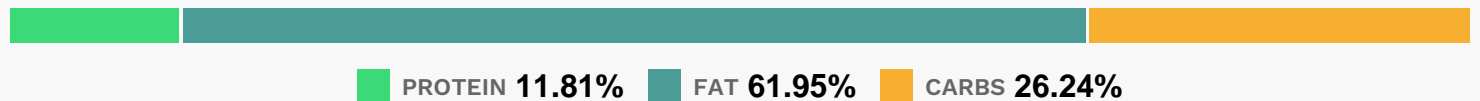
Brush with reserved liquid.

Bake 10 minutes or until heated through.

Cut each tortilla into thirds.

Serve warm with salsa.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:1.86, Inflammation Score:-5, Nutrition Score:4.7604348011639%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 115.24kcal (5.76%), Fat: 8.07g (12.42%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 6.79g (2.47%), Sugar: 1.7g (1.89%), Cholesterol: 15.2mg (5.07%), Sodium: 270.36mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.93%), Vitamin C: 19.96mg (24.19%), Vitamin A: 524.37IU (10.49%), Calcium: 82.69mg (8.27%), Selenium: 5.19µg (7.42%), Phosphorus: 73.15mg (7.31%), Vitamin B2: 0.09mg (5.43%), Vitamin B1: 0.07mg (4.54%), Manganese: 0.09mg (4.5%), Folate: 16.88µg (4.22%), Vitamin B6: 0.08mg (3.97%), Vitamin B3: 0.74mg (3.72%), Fiber: 0.9g (3.62%), Vitamin E: 0.48mg (3.22%), Iron: 0.54mg (2.98%), Potassium: 102.56mg (2.93%), Zinc: 0.43mg (2.88%), Magnesium: 9.34mg (2.34%), Vitamin K: 2.32µg (2.21%), Copper: 0.03mg (1.74%), Vitamin B12: 0.1µg (1.65%), Vitamin B5: 0.16mg (1.56%)