



Tomato-Basil Queso Fundido

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups cherry tomatoes
- 0.5 tsp pepper red crushed
- 16 8-inch flour tortillas warmed ()
- 2 Tbsp basil fresh chopped
- 2 cloves garlic minced
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 small onion finely chopped
- 3 cups mozzarella cheese shredded with a touch of philadelphia kraft

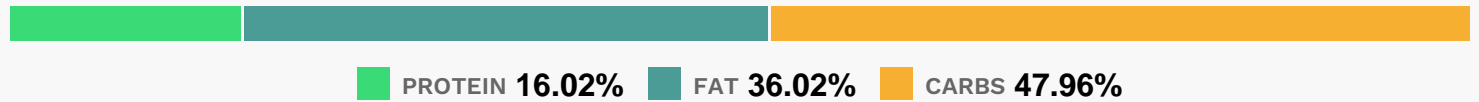
Equipment

frying pan

Directions

- Heat dressing in large skillet on medium heat.
- Add tomatoes, onions, garlic and crushed pepper; cook and stir 8 to 10 min. or until heated through.
- Top with cheese; cover. Cook 5 min. or until cheese is melted.
- Sprinkle with basil.
- Serve with tortillas.

Nutrition Facts



Properties

Glycemic Index:7.52, Glycemic Load:5.26, Inflammation Score:-3, Nutrition Score:5.8878261006397%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg 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: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 147.95kcal (7.4%), Fat: 5.89g (9.07%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 16.31g (5.93%), Sugar: 2.05g (2.27%), Cholesterol: 10.62mg (3.54%), Sodium: 338.97mg (14.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Selenium: 9.73µg (13.91%), Phosphorus: 121.58mg (12.16%), Calcium: 119.75mg (11.97%), Vitamin B1: 0.18mg (11.79%), Manganese: 0.2mg (9.93%), Folate: 34.84µg (8.71%), Vitamin B2: 0.14mg (7.99%), Vitamin B3: 1.57mg (7.84%), Iron: 1.4mg (7.79%), Vitamin K: 5.97µg (5.68%), Vitamin C: 4.45mg (5.4%), Fiber: 1.34g (5.37%), Vitamin B12: 0.31µg (5.11%), Vitamin A: 217.23IU (4.34%), Zinc: 0.6mg (4.03%), Magnesium: 12.26mg (3.06%), Potassium: 98.3mg (2.81%), Copper: 0.05mg (2.66%), Vitamin B6: 0.05mg (2.35%), Vitamin E: 0.17mg (1.14%), Vitamin B5: 0.1mg (1.02%)