



Turkey and Cranberry Quesadillas

 Popular

READY IN



15 min.

SERVINGS



1

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 handful cilantro leaves chopped
- ☐ 2 8-inch flour tortillas ()
- ☐ 1 green onion sliced
- ☐ 0.5 cup cheese such as jack shredded
- ☐ 0.5 jalapeño diced finely
- ☐ 0.3 pound turkey shredded cooked
- ☐ 2 tablespoons cranberry sauce

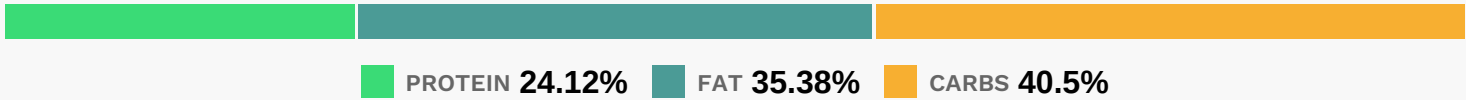
Equipment

☐ frying pan

Directions

☐ Heat a pan over medium heat, place one tortilla in and top with the half of the cheese followed by the turkey, cranberry sauce, jalapeno, green onion, cilantro and the remaining cheese and tortilla.Cook the quesadilla until golden brown and the cheese is melted, about 2-4 minutes per side. (You can place a plate on top of the quesadilla in the pan and then flip it onto the plate and slide it from the plate back into the pan to easily flip it without losing the contents.)

Nutrition Facts



Properties

Glycemic Index:157, Glycemic Load:16.53, Inflammation Score:-8, Nutrition Score:27.585217289303%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 648.13kcal (32.41%), Fat: 25.32g (38.96%), Saturated Fat: 11.53g (72.08%), Carbohydrates: 65.22g (21.74%), Net Carbohydrates: 60.7g (22.07%), Sugar: 14.55g (16.17%), Cholesterol: 102.21mg (34.07%), Sodium: 1197.48mg (52.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.84g (77.68%), Selenium: 49.67µg (70.96%), Phosphorus: 565.08mg (56.51%), Vitamin B3: 10.94mg (54.69%), Calcium: 453.64mg (45.36%), Vitamin K: 47.59µg (45.32%), Vitamin B1: 0.59mg (39.01%), Vitamin B12: 2.26µg (37.65%), Vitamin B2: 0.62mg (36.61%), Vitamin B6: 0.61mg (30.5%), Manganese: 0.59mg (29.57%), Folate: 117.79µg (29.45%), Iron: 5.03mg (27.95%), Zinc: 3.69mg (24.63%), Fiber: 4.52g (18.08%), Vitamin A: 901.27IU (18.03%), Magnesium: 58.86mg (14.71%), Vitamin C: 11.94mg (14.47%), Potassium: 430.13mg (12.29%), Copper: 0.2mg (10.21%), Vitamin B5: 0.95mg (9.53%), Vitamin E: 0.87mg (5.83%), Vitamin D: 0.47µg (3.1%)