



Turkey Quesadilla

READY IN



5 min.

SERVINGS



1

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer deli turkey breast smoked fresh
- 2 6-inch flour tortillas ()
- 1 milk singles 2% kraft
- 2 Tbsp taco bellâ® & chunky salsa thick divided

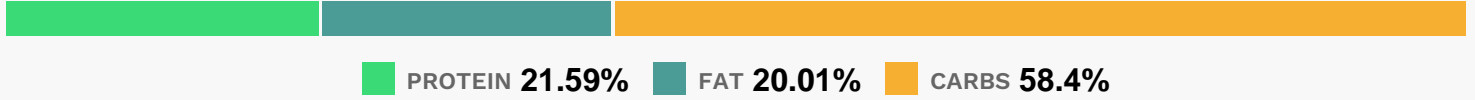
Equipment

- microwave

Directions

- Spread 1 tortilla with 1 Tbsp. of the salsa.
- Cover with turkey and 2% Milk Singles; top with remaining 1 Tbsp. salsa and remaining tortilla.
- Microwave on HIGH 30 sec. or until 2% Milk Singles begins to melt.
- Cut into quarters.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:9.36, Inflammation Score:-4, Nutrition Score:9.1669565348522%

Nutrients (% of daily need)

Calories: 234.86kcal (11.74%), Fat: 5.22g (8.03%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 31.53g (11.46%), Sugar: 4.46g (4.96%), Cholesterol: 15.44mg (5.15%), Sodium: 1250.39mg (54.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.34%), Phosphorus: 247.4mg (24.74%), Vitamin B1: 0.31mg (20.99%), Selenium: 13.73µg (19.61%), Manganese: 0.34mg (16.86%), Iron: 2.86mg (15.9%), Vitamin B3: 3.06mg (15.28%), Folate: 57.89µg (14.47%), Fiber: 2.75g (10.99%), Vitamin B2: 0.18mg (10.74%), Calcium: 104.16mg (10.42%), Copper: 0.21mg (10.29%), Magnesium: 31.67mg (7.92%), Potassium: 267.68mg (7.65%), Vitamin K: 5.83µg (5.56%), Zinc: 0.81mg (5.38%), Vitamin B6: 0.1mg (4.96%), Vitamin A: 173.82IU (3.48%), Vitamin E: 0.44mg (2.93%), Vitamin B5: 0.17mg (1.75%)