



Turkey Quesadilla

READY IN



14 min.

SERVINGS



2

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons jack grated
- 2 flour tortillas
- 2 tablespoons green beans cooked chopped
- 1 teaspoon jalapeño peppers chopped
- 2 tablespoons pepperidge farm sage and onion stuffing stuffing leftover
- 3 tablespoons turkey cooked chopped
- 2 tablespoons cranberry sauce

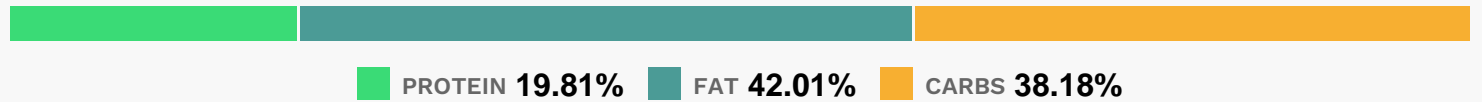
Equipment

- frying pan
- cutting board

Directions

- Watch how to make this recipe.
- Place 2 tortillas on your board.
- Spread 1 with cranberry sauce and set aside.
- Sprinkle the cheese over the other one and crumble the stuffing on top.
- Add the green beans, turkey, and jalapeno peppers. Pick up the first tortilla and place it cranberry side down onto the filled one. Press gently but firmly to keep the quesadilla together.
- Spray a nonstick skillet with cooking spray and put it over medium heat.
- Place the quesadilla in the skillet and cook until the bottom is lightly browned and the cheese is melted, about 2 minutes. Flip the quesadilla and cook it on the other side for another 2 minutes. Slide it onto a cutting board, cut it into wedges, and serve.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:5.15, Inflammation Score:-5, Nutrition Score:10.626956623533%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 270.21kcal (13.51%), Fat: 12.63g (19.44%), Saturated Fat: 5.79g (36.17%), Carbohydrates: 25.83g (8.61%), Net Carbohydrates: 23.72g (8.62%), Sugar: 6.87g (7.63%), Cholesterol: 38.47mg (12.82%), Sodium: 465.33mg (20.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.4g (26.81%), Selenium: 25.3µg (36.15%), Phosphorus: 218.52mg (21.85%), Calcium: 216.27mg (21.63%), Vitamin B3: 3.4mg (17.02%), Vitamin B2: 0.26mg (15.35%), Vitamin B1: 0.2mg (13.57%), Folate: 45.95µg (11.49%), Vitamin K: 11.76µg (11.2%), Manganese: 0.22mg

(11.07%), Vitamin B6: 0.21mg (10.27%), Zinc: 1.46mg (9.76%), Iron: 1.7mg (9.43%), Vitamin B12: 0.51µg (8.51%), Fiber: 2.11g (8.45%), Vitamin A: 419.43IU (8.39%), Magnesium: 24.37mg (6.09%), Vitamin C: 4.92mg (5.96%), Vitamin E: 0.69mg (4.57%), Potassium: 157.05mg (4.49%), Copper: 0.08mg (4.08%), Vitamin B5: 0.38mg (3.75%), Vitamin D: 0.2µg (1.34%)