



Two-Cheese Blackberry Quesadillas With Pepper-Peach Salsa

READY IN



24 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.7 cups blackberries fresh halved
- ☐ 8 oz cream cheese softened
- ☐ 8 7-inch flour tortilla soft ()
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 4 servings salsa

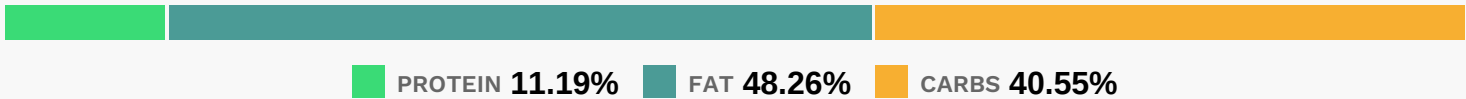
Equipment

- ☐ frying pan

Directions

- ☐ Stir together softened cream cheese and Parmesan cheese until blended.
- ☐ Spread cheese mixture on 1 side of each tortilla; top with blackberries. Fold in half.
- ☐ Cook tortillas, in batches, in a lightly greased large nonstick skillet over medium-high heat 1 to 2 minutes on each side or until golden brown.
- ☐ Cut into wedges, and serve with Pepper-Peach Salsa.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:15.85, Inflammation Score:-8, Nutrition Score:19.786086970049%

Flavonoids

Cyanidin: 59.97mg, Cyanidin: 59.97mg, Cyanidin: 59.97mg, Cyanidin: 59.97mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 22.24mg, Catechin: 22.24mg, Catechin: 22.24mg, Catechin: 22.24mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 567.67kcal (28.38%), Fat: 30.71g (47.25%), Saturated Fat: 16.09g (100.58%), Carbohydrates: 58.05g (19.35%), Net Carbohydrates: 51.07g (18.57%), Sugar: 9.7g (10.78%), Cholesterol: 68.14mg (22.71%), Sodium: 1284.43mg (55.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.05%), Manganese: 0.9mg (44.76%), Selenium: 30.3µg (43.28%), Phosphorus: 352.88mg (35.29%), Vitamin B1: 0.5mg (33.49%), Calcium: 326.18mg (32.62%), Fiber: 6.98g (27.9%), Folate: 108.61µg (27.15%), Vitamin B2: 0.46mg (26.99%), Vitamin B3: 4.87mg (24.37%), Vitamin A: 1151.59IU (23.03%), Iron: 3.96mg (22.03%), Vitamin K: 21.25µg (20.24%), Vitamin C: 13.21mg (16.01%), Magnesium: 46.52mg (11.63%), Copper: 0.23mg (11.53%), Zinc: 1.69mg (11.3%), Potassium: 392.6mg (11.22%), Vitamin E: 1.64mg (10.96%), Vitamin B6: 0.17mg (8.52%), Vitamin B5: 0.74mg (7.45%), Vitamin B12: 0.29µg (4.89%)