

Veggie Quesadillas

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chilis green chopped
- ☐ 6 8-inch flour tortilla (es in diameter)
- ☐ 6 servings cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 8 ounces monterrey jack cheese shredded
- ☐ 0.5 cup tomatoes seeded chopped

Equipment

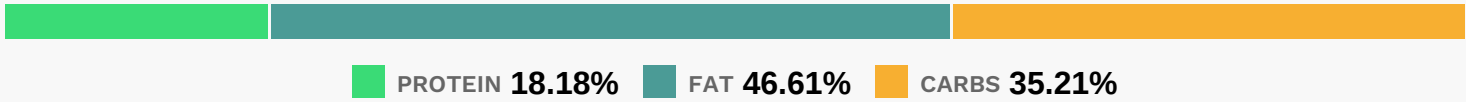
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 350F.
- ☐ Spread 1/3 cup of the cheese evenly over half of each tortilla.
- ☐ Sprinkle tomato, onions, chilies and cilantro over cheese. Fold tortillas over filling.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake about 5 minutes or just until cheese is melted.
- ☐ Serve quesadillas whole, or cut each into 3 wedges, beginning cuts from center of folded sides.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:8.22, Inflammation Score:-5, Nutrition Score:10.938260757405%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 301.69kcal (15.08%), Fat: 15.57g (23.96%), Saturated Fat: 8.72g (54.47%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 24.34g (8.85%), Sugar: 2.51g (2.78%), Cholesterol: 33.64mg (11.21%), Sodium: 623.34mg (27.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.33%), Calcium: 362.55mg (36.26%), Phosphorus: 278.01mg (27.8%), Selenium: 16.89µg (24.14%), Vitamin B1: 0.27mg (17.98%), Vitamin B2: 0.3mg (17.56%), Folate: 62.04µg (15.51%), Manganese: 0.28mg (13.87%), Vitamin K: 14.53µg (13.84%), Iron: 2.29mg (12.71%), Vitamin B3: 2.42mg (12.09%), Zinc: 1.45mg (9.64%), Vitamin A: 448.7IU (8.97%), Fiber: 2.13g (8.52%), Magnesium: 23.85mg (5.96%), Vitamin B12: 0.31µg (5.23%), Vitamin C: 4.22mg (5.12%), Potassium: 141.47mg (4.04%), Vitamin B6: 0.08mg (3.93%), Copper: 0.08mg (3.81%), Vitamin B5: 0.18mg (1.82%), Vitamin D: 0.23µg (1.51%), Vitamin E: 0.19mg (1.27%)