Wake-Up Quesadilla

READY IN	SERVINGS	CALORIES
10 min.	10	26 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 2 boca veggie breakfast links frozen
- [ ] 1 6-inch flour tortilla ()
- [ ] 1 Tbsp philadelphia

Equipment

- [ ] frying pan

Directions

- [ ] Heat breakfast links as directed on package; cut lengthwise in half.

- [ ] Spread tortilla with reduced-fat cream cheese; top with links. Fold tortilla in half.
- [ ] Cook in nonstick skillet on medium heat 2 min. on each side or until lightly browned on both sides.

Nutrition Facts

PROTEIN **14.33%** FAT **61.82%** CARBS **23.85%**

Properties

Glycemic Index:8.9, Glycemic Load:0.49, Inflammation Score:-1, Nutrition Score:0.65130434727863%

Nutrients (% of daily need)

Calories: 26.42kcal (1.32%), Fat: 1.8g (2.77%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.17g (0.18%), Cholesterol: 4.34mg (1.45%), Sodium: 52.07mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin B1: 0.03mg (1.76%), Vitamin B3: 0.32mg (1.61%), Phosphorus: 13.13mg (1.31%), Selenium: 0.79µg (1.13%)