



Zucchini, Olive, and Cheese Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 1 ounce feta cheese divided crumbled
- ☐ 4 8-inch flour tortillas fat-free ()
- ☐ 0.3 cup kalamata olives divided pitted chopped
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon oregano dried

- ☐ 2 ounces preshredded part-skim mozzarella cheese divided
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup tomatoes diced divided
- ☐ 1.3 cups zucchini shredded

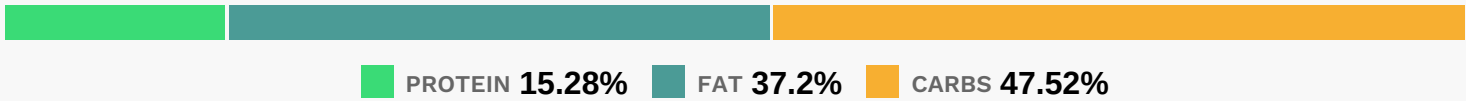
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Heat the olive oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion and garlic; saut for 1 minute.
- ☐ Add zucchini; saut for 2 minutes or until lightly browned.
- ☐ Remove from heat; stir in oregano, salt, and pepper.
- ☐ Wipe pan clean with paper towels, and coat with cooking spray.
- ☐ Heat pan over medium heat.
- ☐ Add 1 tortilla to pan, and sprinkle with 1/4 cup mozzarella. Top with half of the zucchini mixture, 1/4 cup tomato, 2 tablespoons olives, 2 tablespoons feta, and 1 tortilla. Cook for 3 minutes or until lightly browned on bottom. Carefully turn quesadilla; cook for 2 minutes or until lightly browned.
- ☐ Place quesadilla on a cutting board; cut in half using a serrated knife. Repeat procedure with the remaining tortillas, mozzarella, zucchini mixture, tomato, olives, and feta.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:8.69, Inflammation Score:-6, Nutrition Score:11.051304359799%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 248.61kcal (12.43%), Fat: 10.33g (15.89%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 26.71g (9.71%), Sugar: 4.13g (4.59%), Cholesterol: 15.38mg (5.13%), Sodium: 752.93mg (32.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.1%), Calcium: 239.22mg (23.92%), Phosphorus: 219.21mg (21.92%), Selenium: 14.8µg (21.14%), Vitamin B1: 0.3mg (20.25%), Manganese: 0.39mg (19.36%), Vitamin B2: 0.29mg (17.19%), Folate: 66.69µg (16.67%), Vitamin B3: 2.67mg (13.36%), Vitamin C: 10.67mg (12.94%), Iron: 2.26mg (12.56%), Fiber: 2.98g (11.93%), Vitamin B6: 0.18mg (8.8%), Vitamin K: 8.83µg (8.41%), Vitamin A: 366.69IU (7.33%), Potassium: 253.28mg (7.24%), Zinc: 1.06mg (7.06%), Magnesium: 27.71mg (6.93%), Copper: 0.11mg (5.46%), Vitamin E: 0.67mg (4.48%), Vitamin B12: 0.24µg (3.93%), Vitamin B5: 0.28mg (2.83%)