



A Nutrition Resource

SPINACH AND PEPPER QUESADILLAS

Yield: 2 Servings | Serving Size: 4 wedges or 1 quesadilla

Cost/serving: \$0.79

Ingredients:

- 2 (8-inch) 100% whole wheat tortillas
- 1/4 cup chopped sweet red or green bell pepper
- 1/2 cup shredded low-fat cheddar cheese
- 1/2 cup fresh spinach

Directions:

- 1) Sprinkle half of cheese and bell peppers on one half of each tortilla.
- 2) Add half of spinach to each tortilla. Fold tortillas in half.
- 3) Heat large skillet over medium heat until hot. Put the folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.



Nutrition Facts

2 servings per container
Serving size 1 quesadilla
(106g)

Amount per serving
Calories 180

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 530mg 23%

Total Carbohydrate 21g 8%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 212mg 15%

Iron 2mg 10%

Potassium 58mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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