



Smart Quesadillas



Nutrition Facts

1 servings per container
Serving size 1 Quesadilla (99g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 380mg	17%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 228mg	20%
Iron 1mg	6%
Potassium 79mg	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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Directions:

1. Mix all vegetables in a microwave safe bowl. Microwave for 1 minute. Set aside to cool.
2. Lay tortilla on a microwave safe plate. Evenly spread vegetables on one-half of the tortilla.
3. Sprinkle shredded cheese over the vegetables.
4. Fold tortilla in half, over the cheese and vegetables. Microwave for 1 minute and let cool.
5. Slice into four pieces and enjoy.

