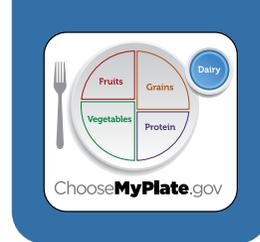


# Bountiful Backpack

## Cheese Quesadilla

Servings: 2

Serving size: 1  
quesadilla



### Ingredients:

- 1/3 cup shredded cheddar cheese
- 2 flour or whole grain tortillas (6 inch)
- 1 tablespoon of salsa

### Directions:

1. Wash hands.
2. Coat nonstick skillet with cooking spray and set it over medium heat.
3. Sprinkle cheese on half of each tortilla.
4. Fold tortilla in half. Add tortilla to skillet and cook for 2-3 minutes on each side until lightly browned.
5. Cut quesadilla into slices. Serve with salsa.



## Nutrition Facts

2 servings per container

**Serving size 1 quesadilla (54g)**

Amount Per Serving

**Calories 170**

% Daily Value\*

<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 195mg	<b>15%</b>
Iron 1.08mg	<b>6%</b>
Potassium 0mg	<b>0%</b>
Vitamin A	<b>4%</b>

\* The % Daily Value (DV) 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.