



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Bountiful Backpack

Cheese Quesadilla



Serves: 2

Serving Size: 1 quesadilla

Ingredients:

- Nonstick cooking spray
- 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 to 3 minutes on each side until lightly browned.
5. Cut quesadilla into slices. Serve with salsa.

Nutrition Facts

2 servings per recipe

Serving size 1 quesadilla (54g)

Amount Per Serving

Calories 170

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

* 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.

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