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## To-Go Breakfast Quesadillas

To-Go Breakfast Quesadillas are a delicious and convenient way to start your day. They are made with tortillas, eggs, cheese, and a variety of vegetables. These quesadillas are perfect for busy mornings when you need a quick and filling breakfast on the go. Simply prepare the ingredients, cook the quesadillas, and you're ready to enjoy a tasty and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 250 grams

**Number of Servings:** 4

**Serving Size:** 62 g

### Ingredients

200 g	tortillas
4 pieces	Eggs
100 g	cheddar cheese
100 g	Bell peppers

<b>50 g</b>	spinach
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>2 tbsp</b>	olive oil

## Directions

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### Step 1

Stove

Heat olive oil in a pan over medium heat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Stove

Add bell peppers and spinach to the pan. Cook until vegetables are tender.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

In a separate bowl, beat the eggs. Season with salt and black pepper.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Stove

Pour the beaten eggs into the pan with the cooked vegetables. Cook until the eggs are set.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 5

Place tortillas on a clean surface. Divide the cooked egg and vegetable mixture evenly among the tortillas. Sprinkle cheddar cheese on top.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

Fold the tortillas in half to form quesadillas.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 7

Stove

Heat a pan over medium heat. Place the quesadillas in the pan and cook until the tortillas are crispy and the cheese is melted.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 8

Remove the quesadillas from the pan and let them cool slightly. Cut each quesadilla into quarters.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 9

Serve the To-Go Breakfast Quesadillas warm and enjoy!

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 16 g

Carbohydrates: 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	16 g	94.12%	94.12%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	250 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	3 mcg	20%	20%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

# Recipe Attributes

## Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

Grill

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Meal Type

Breakfast

Brunch

Snack

## Course

Appetizers

Main Dishes

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

## Difficulty Level

Medium

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