



Healthdor

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Hummus Quesadilla

A delicious vegetarian quesadilla filled with creamy hummus and other flavorful ingredients.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

2 pieces	flour tortillas
100 g	Hummus
50 g	Red Bell Pepper
50 g	red onion
50 g	feta cheese
2 tsp	olive oil

Directions

Step 1

Preheating

Preheat a skillet over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spreading

Spread hummus evenly on one side of each tortilla.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

Top one tortilla with red bell pepper, red onion, and feta cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cooking

Place the other tortilla on top, hummus side down.

Prep Time: 2 mins

Cook Time: 4 mins

Step 5

Cooking

Cook the quesadilla for 2 minutes on each side, or until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 4 mins

Step 6

Resting

Remove from heat and let it rest for a minute.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Cutting

Cut the quesadilla into wedges and serve hot.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	5 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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	8 mg	0.24%	0.31%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Mexican

Course

Salads

Snacks

Cultural

Chinese New Year

Cost

Over \$50

Demographics

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Volumetrics Diet

Paleo Diet

Nordic Diet

OMAD (One Meal a Day) Diet

Vegetarian Diet

Vegan Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Swiss Secret Diet

The Scarsdale Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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