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Spinach Tomato Quesadilla ♦♦

A delicious and healthy vegetarian quesadilla made with spinach and tomatoes. This recipe is perfect for a quick and easy lunch or dinner.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

150 g	spinach
100 g	Tomatoes
4 pieces	tortillas
100 g	cheese
2 tsp	olive oil
1 tsp	salt

1 tsp pepper

Directions

Step 1

Stove

Heat olive oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add spinach and cook until wilted.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Season with salt and pepper.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Remove spinach from the pan and set aside.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Place tortillas on a flat surface.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Spread cheese evenly on half of each tortilla.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Top with cooked spinach and sliced tomatoes.

Prep Time: 1 mins

Cook Time: 0 mins

Step 8

Stove

Fold tortillas in half to form quesadillas.

Prep Time: 1 mins

Cook Time: 5 mins

Step 9

Stove

Cook quesadillas in a pan until cheese is melted and tortillas are golden brown.

Prep Time: 1 mins

Cook Time: 5 mins

Step 10

Cut

Cut quesadillas into wedges and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	15 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	6 mcg	250%	250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	6 mg	54.55%	75%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Fall

Cuisines

Italian

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Slow Cooker

Course

Salads

Snacks

Cultural

Chinese New Year

Diet

South Beach Diet

Vegan Diet

Raw Food Diet

Low Sodium Diet

The Fast Metabolism Diet

The Gerson Therapy

The Sleeping Beauty Diet

The F-Plan Diet

The Air Diet

The Breatharian Diet

The Werewolf Diet

The Five-Bite Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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