



Healthdor

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Kid's Cheese Quesadilla

A delicious and cheesy quesadilla recipe that kids will love. It's a perfect snack or meal option for picky eaters.

Recipe Type: Standard

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	Cheddar Cheese
10 g	Butter

Directions

Step 1

Grating

Grate the cheddar cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread butter on one side of each tortilla.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Grilling

Place a tortilla, buttered side down, on a heated skillet or griddle.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Grilling

Sprinkle grated cheddar cheese evenly on the tortilla.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Grilling

Place another tortilla on top, buttered side up.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Grilling

Cook until the bottom tortilla is golden brown and crispy.

Prep Time: 0 mins

Cook Time: 4 mins

Step 7

Grilling

Flip the quesadilla and cook the other side until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 4 mins

Step 8

Resting

Remove from heat and let it cool for a few minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Cutting

Cut the quesadilla into wedges and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 g

Protein: 15 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	300 mg	30%	30%
Iron	2 mg	25%	11.11%
Potassium	100 mg	2.94%	3.85%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Fruitarian Diet

Engine 2 Diet

Vegetarian Diet

Course

Appetizers

Salads

Snacks

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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