



A Nutrition Resource

SPINACH AND PEPPER QUESADILLAS

Yield: 2 Servings | Serving Size: 4 wedges or 1 quesadilla

Cost/serving: \$0.79

Ingredients:

- 2 (8-inch) 100% whole wheat tortillas
- 1/4 cup chopped sweet red or green bell pepper
- 1/2 cup shredded low-fat cheddar cheese
- 1/2 cup fresh spinach

Directions:

- 1) Sprinkle half of cheese and bell peppers on one half of each tortilla.
- 2) Add half of spinach to each tortilla. Fold tortillas in half.
- 3) Heat large skillet over medium heat until hot. Put the folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.



Nutrition Facts

2 servings per container
Serving size 1 quesadilla
(106g)

Amount per serving
Calories 180

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 530mg 23%

Total Carbohydrate 21g 8%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 212mg 15%

Iron 2mg 10%

Potassium 58mg 2%

*The % Daily Value 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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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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