

# Apple Cheddar Quesadilla

1 Serving • 1 Serving = 1 Quesadilla



## INGREDIENTS

- 1 - 10" whole wheat tortilla
- 1 ounce grated cheddar cheese, about ¼ cup
- ½ apple, thinly sliced
- 2 Tablespoons grated carrot
- 1 Tablespoon chopped walnuts
- ½ Tablespoon dried cranberries

## DIRECTIONS

1. Heat a skillet over medium heat.
2. Heat tortilla on the skillet. Add half of the grated cheese on one side of the tortilla. Top with apple slices, grated carrot, walnuts and dried cranberries. Top with the rest of the cheese. Fold the over the tortilla.
3. Allow the quesadilla to heat on one side until lightly browned and cheese begins to melt. Flip and continue to cook until browned and all the cheese is melted.

## Nutrition Facts

1 servings per container  
Serving size 1 quesadilla

Amount per serving  
**Calories 330**

% Daily Value\*

**Total Fat** 17g 22%

Saturated Fat 7g 35%

Trans Fat 0g

**Cholesterol** 30mg 10%

**Sodium** 460mg 20%

**Total Carbohydrate** 35g 13%

Dietary Fiber 3g 11%

Total Sugars 11g

Includes 0g Added Sugars 0%

**Protein** 12g

Vitamin D 0mcg 0%

Calcium 296mg 25%

Iron 1mg 6%

Potassium 156mg 4%

\*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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