

# Apple Cheddar Quesadilla

1 Serving • 1 Serving = 1 Quesadilla



## INGREDIENTS

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

## DIRECTIONS

1. Heat a skillet over medium heat.
2. Heat tortilla on the skillet. Add half of the cheese on one side of the tortilla. Top with apple, 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\*

<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0mcg	<b>0%</b>
Calcium 296mg	<b>25%</b>
Iron 1mg	<b>6%</b>
Potassium 156mg	<b>4%</b>

\*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.

Developed by The Children's Hospital of San Antonio

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