

Recipe: Quesadilla with Mushrooms and Black Olives

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Number of Servings: 4 (60.73 g per serving) Weight: 242.93 g

Recipe

Item Name	Quantity	Measure
 tortilla, white corn, 6"	4	Each
 cheese, cheddar, shredded, reduced fat	2/3	Cup
 green onion, fresh, tops	2	Tablespoon
 mushrooms, brown, fresh, sliced	1/4	Cup
 olives, black, canned	1/4	Cup

Nutrients

Nutrients	Per Serving	Nutrients	Per Serving
Basic Components		Vitamin B6 (mg)	0.02
Gram Weight (g)	60.73	Vitamin B12 (mcg)	0.32
Calories (kcal)	119.57	Biotin (mcg)	--
Calories from Fat (kcal)	46.01	Vitamin C (mg)	0.48
Calories from SatFat (kcal)	20.73	Vitamin D - IU (IU)	2.58
Protein (g)	6.33	Vitamin D - mcg (mcg)	0.06
Carbohydrates (g)	12.77	Vitamin E - Alpha-Toco (mg)	0.18
Total Dietary Fiber (g)	1.85	Folate (mcg)	5.79
Total Soluble Fiber (g)	0.01	Folate, DFE (mcg DFE)	5.79
Dietary Fiber (2016) (g)	0.35	Vitamin K (mcg)	5.09
Soluble Fiber (2016) (g)	0	Pantothenic Acid (mg)	0.07
Total Sugars (g)	1.30	Minerals	
Added Sugar (g)	0	Calcium (mg)	180.20
Monosaccharides (g)	0.11	Chromium (mcg)	--
Disaccharides (g)	0.00	Copper (mg)	0.05
Other Carbs (g)	9.61	Fluoride (mg)	--
Fat (g)	5.11	Iodine (mcg)	--
Saturated Fat (g)	2.30	Iron (mg)	0.33
Mono Fat (g)	1.61	Magnesium (mg)	7.81
Poly Fat (g)	0.22	Manganese (mg)	0.01
Trans Fatty Acid (g)	0	Molybdenum (mcg)	--
Cholesterol (mg)	10.55	Phosphorus (mg)	116.20
Water (g)	22.71	Potassium (mg)	43.12

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Nutrients cont.

Nutrients	Per Serving	Nutrients	Per Serving
Vitamins		Selenium (mcg)	4.18
Vitamin A - IU (IU)	273.07	Sodium (mg)	204.00
Vitamin A - RAE (mcg)	35.94	Zinc (mg)	0.88
Carotenoid RE (mcg)	18.40	Poly Fats	
Retinol RE (mcg)	26.74	Omega 3 Fatty Acid (g)	0.03
Beta-Carotene (mcg)	109.80	Omega 6 Fatty Acid (g)	0.19
Vitamin B1 (mg)	0.01	Other Nutrients	
Vitamin B2 (mg)	0.08	Alcohol (g)	0
Vitamin B3 (mg)	0.20	Caffeine (mg)	0
Vitamin B3 - Niacin Equiv (mg)	0.24	Choline (mg)	4.89