

Sweet Pepper-Onion Quesadillas

4 servings

Ingredients:

- 4 ounces reduced-fat cream cheese softened
- 1 teaspoon adobo sauce from canned chipotle chile peppers
- 4 whole wheat flour tortillas
- ½ cup chopped red sweet pepper (1 small)
- Optional: 4 teaspoons finely chopped fresh jalapeño pepper

Directions:

1. In a small bowl, stir together cream cheese and adobo sauce until smooth. Spread over one half of each tortilla. Sprinkle cream cheese mixture with sweet peppers, and jalapeno pepper. Top with tortilla.
2. Preheat skillet over medium heat. Cook quesadillas, about 4 minutes or until golden and heated through, turning once halfway through cooking.

Filling

Nutrition Facts

Servings: 4

Amount per serving	
Calories	
	% Daily Value*
Total Fat 0.4g	1%
Saturated Fat 0.3g	1%
Cholesterol 2mg	1%
Sodium 195mg	8%
Total Carbohydrate 3.9g	1%
Dietary Fiber 0.4g	1%
Total Sugars 1.5g	
Protein 4.3g	

Ole Mexican Extreme Wellness Wrap

Nutrition Facts / Información Nutricional

Serving Size / Tamaño por Porciones 1 Tortilla (45g)
 Servings per Container / Porción por Envase 8

Amount Per Serving / Cantidad por Porción	
Calories 50 / Cont. Energético 50 Kcal	
Calories from Fat 15 / Cont. energético de Grasa 15 kcal	
	% Daily Value* / % Valor Diario*
Total Fat / Grasa Total 1.5g	2%
Saturated Fat / Grasa Sat. 0g	0%
<i>Trans Fat / Grasa Trans. 0g</i>	
Cholesterol / Colesterol 0mg	0%
Sodium / Sodio 310mg	13%
Total Carbohydrate / Carbohidratos Tot. 16g	5%
Dietary Fiber / Fibra Dietética 11g	43%
Soluble Fiber / Fibra Soluble 0g	
Insoluble Fiber / Fibra Insoluble 11g	
Sugars / Azúcares 0g	
Protein / Proteína 4g	