



September 1 - Apple Quesadilla

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1762>

Recipe

Ingredients:

- 1 whole-wheat tortilla
- 1 ½ Tablespoon low-fat cream cheese
- 1 apple
- Cinnamon to taste

Directions:

1. Spread cream cheese on tortilla.
2. Slice apples into thin slices and lay on top.
3. Fold over like a quesadilla and cut into wedges.
Sprinkle cinnamon as desired.

Yield 1 serving

Nutrition Facts

Serving Size 1 quesadilla (251.5g)
Servings Per Container 1

Amount Per Serving

Calories 260 **Calories from Fat** 45

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **4%**

Sodium 240mg **10%**

Total Carbohydrate 49g **16%**

Dietary Fiber 7g **29%**

Sugars 20g

Protein 6g **12%**

Vitamin A 0% • Vitamin C 15%

Calcium 8% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.