

Zucchini Quesadillas

Most kids don't get enough calcium in their diet. Your kids will love this fast and easy recipe and so will their growing bones!

Serves 1



Ingredients

- 2 corn tortillas
- ¼ cup shredded zucchini
- ¼ cup Mexican shredded cheese

Nutrition Facts

Serving Size 1 Quesadilla
Servings Per Container 1

Amount Per Serving

Calories 230 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

 Saturated Fat 5g **25%**

 Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 210mg **9%**

Total Carbohydrate 28g **9%**

 Dietary Fiber 4g **16%**

 Sugars 3g

Protein 11g

Vitamin A 8% • Vitamin C 30%

Calcium 30% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Lay both corn tortillas on griddle and heat through, about 1 minute.
2. Flip and spread zucchini and cheese on first tortilla.
3. Lay second tortilla on top of the one with toppings. Heat through and enjoy!

Please note: nutritional values are approximate.

