

# Healthy Breakfast Quesadilla

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/quesadilla-salvadorena-recipes>

## Ingredients:

- 1 tortilla brown rice
- 4 egg whites
- 1/2 cup spinach
- 1/4 cup mushrooms diced
- 1/4 cup shredded cheddar
- 1/4 teaspoon garlic powder
- salt
- pepper

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 4 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 2 grams
8. Sodium: 410 milligrams
9. Sugar: 1 grams

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