

Healthy Greek Quesadilla

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 6 flour tortillas
- 2 cups baby spinach fresh
- 1/2 cup red onion
- 1/4 cup sun dried tomatoes
- 1/3 cup black olives
- 1 cup mozzarella
- 1/2 cup feta cheese
- 1/4 cup fresh oregano
- olive oil for cooking

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 40 milligrams
4. Fat: 22 grams
5. Fiber: 5 grams
6. Protein: 16 grams
7. SaturatedFat: 9 grams
8. Sodium: 1010 milligrams
9. Sugar: 5 grams

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