

Jalapeño Quesadillas

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/pioneer-woman-mushroom-swiss-sliders-recipe>

Ingredients:

- 6 tablespoons butter
- 4 whole wheat Whole, or Regular Tortillas
- 1 1/2 cups Monterey Jack cheese Grated
- 3 whole jalapenos Sliced Very Thin
- 8 ounces mushrooms weight, Sliced, optional
- sour cream For Serving
- cilantro leaves For Serving

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 85 milligrams
4. Fat: 32 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 20 grams
8. Sodium: 360 milligrams
9. Sugar: 2 grams

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