



Apple Cheddar Quesadilla

1 Serving • 1 Serving = 1 Quesadilla

Tips on Apples



How To Store

Apples should be stored in a breathable bag in the refrigerator.



How To Use

Add to salads, eat whole or bake with cinnamon for a healthy sweet treat



Health Benefits

Heart health & promotes healthy cholesterol levels & lowers risk of some cancers

INGREDIENTS

- 1- 10" whole wheat tortilla
- ¼ cup cheddar cheese, grated
- ¼ c apple (approximately a ½ medium apple), thinly sliced
- 2 Tablespoon carrot, grated
- 1 Tablespoon walnuts, chopped
- ½ Tablespoon dried cranberries

DIRECTIONS

1. Heat a skillet over medium heat. Heat the tortilla and remove from heat.
2. Add half of the cheese on one side of the tortilla. Top with apple slices, walnuts, and cranberries.
3. Top with the remaining cheese. Fold over the tortilla and place on the skillet.
4. Allow quesadilla to heat on one side until lightly browned and cheese begins to melt. Flip and continue to cook until browned and all the cheese is melted.

Nutrition Facts

servings per container	
Serving size	(163g)
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 440mg	19%
Total Carbohydrate 35g	13%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 2g Added Sugars	4%
Protein 12g	
Vitamin D 0.1mcg	0%
Calcium 300mg	25%
Iron 1.6mg	8%
Potassium 330mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



FIND MORE RECIPES

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chefsa.org/recipes



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The Culinary Nutrition Education
 Program Of The San Antonio Food Bank

12/2025

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Quesadilla de Queso Cheddar y Manzana

1 Servicio • 1 Servicio = 1 Quesadilla

Consejos sobre Manzana



Cómo almacenar

En el refrigerador en una bolsa de plástico con agujeros.



Cómo utilizar

Con ensaladas o cocidas con canela.



Beneficios de la salud

Promueve niveles saludables de colesterol y reduce el riesgo de algunos cánceres

INGREDIENTES

- 1 tortilla de trigo integral de 10"
- ¼ de taza de queso cheddar, rallado
- ¼ de taza manzana (aproximadamente ½ manzana mediana, rebanada en tiras delgadas)
- 2 cucharada de zanahoria
- 1 cucharada de nuez, picada
- ½ cucharada de arándanos secos

DIRECCIONES

1. Calienta un sartén a fuego medio. Calienta la tortilla y retírala del fuego.
2. Agrega la mitad del queso en un lado de la tortilla. Encima, coloca las rebanadas de manzana, zanahoria, las nueces y los arándanos secos.
3. Coloca el resto del queso encima. Dobla la tortilla y colócala en el sartén.
4. Deja que la quesadilla se caliente por un lado hasta que se dore ligeramente y el queso comience a derretirse. Voltea y continúa cocinando hasta que esté dorada y todo el queso se haya derretido.

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