



Pumpkin Apple Quesadilla

1 Serving • 1 Serving = 1 Quesadilla

Tips on Canned Pumpkin



How To Store

Once opened, transfer to an airtight container & refrigerate for up to 5–7 days or freeze for up to 3 months



How To Use

Use straight from the can in pies, muffins, breads, pancakes, soups, smoothies, or oatmeal.



Health Benefits

Provides potassium & antioxidants with very low calories & fat (plain pumpkin purée).

INGREDIENTS

- 1- 10" whole wheat tortilla
- ¼ cup cheddar cheese, grated
- ¼ cup apple, thinly sliced
- 1 Tablespoon walnuts, chopped
- ½ Tablespoon dried cranberries
- 2 Tablespoons unsweetened canned pumpkin puree

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. Spread the pumpkin puree on the other side of the tortilla. 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

4 servings per container
Serving size 1 serving (85g)

Amount per serving
Calories 170

% Daily Value*

Total Fat 8g 10%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 260mg 11%

Total Carbohydrate 19g 7%

Dietary Fiber 3g 11%

Total Sugars 5g

Includes 2g Added Sugars 4%

Protein 8g

Vitamin D 0.1mcg 0%

Calcium 190mg 15%

Iron 1.1mg 6%

Potassium 190mg 4%

*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.



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Quesadilla de Calabaza y Manzana

1 Porciones • 1 Porción = 1 Quesadilla

Consejos sobre la calabaza enlatada



Cómo almacenar

Una vez abierto, transfiere a un recipiente hermético y refrigera hasta por 5-7 días o congélalo hasta por 3 meses



Cómo utilizar

Usa directamente de la lata en pasteles, muffins, panes, panqueques, sopas, batidos o avena.



Beneficios de la salud

Proporciona potasio y antioxidantes con muy pocas calorías y grasa (puré de calabaza natural).

INGREDIENTES

- 1- Tortilla de trigo integral de 10"
- ¼ taza de queso cheddar, rallado
- ¼ taza de manzana, en rebanadas finas
- 1 cucharada de nueces, picadas
- ½ cucharada de arándanos secos
- 2 cucharadas de puré de calabaza enlatado sin azúcar

PREPARACIÓN

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, las nueces y los arándanos secos.
3. Unta el puré de calabaza en el otro lado de la tortilla. 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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