

SPICED APPLE QUESADILLA

SNACK - MAKES 1

INGREDIENTS



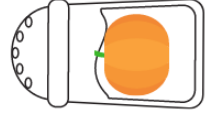
+

1/2 APPLE, SLICED



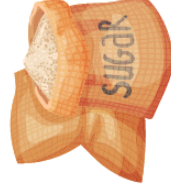
+

1 WHOLE WHEAT
TORTILLA



+

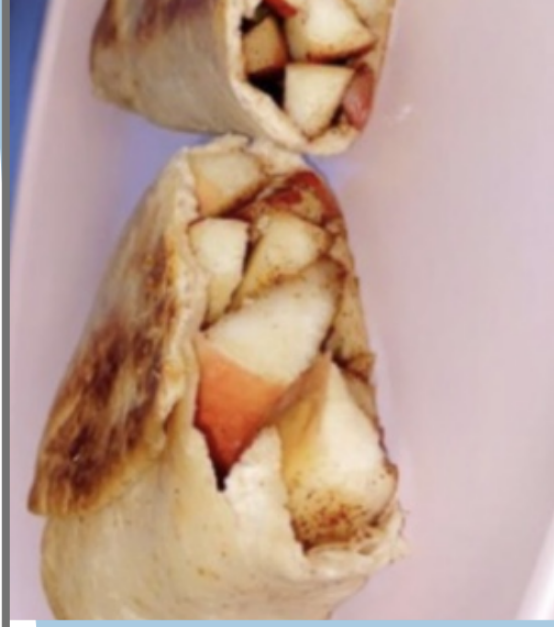
1/2 TEASPOON
PUMPKIN SPICE



1 TEASPOON
BROWN SUGAR

INSTRUCTIONS

1. Heat skillet over medium heat.
2. Coat apple slices with pumpkin pie spice and brown sugar. Place apple slices on tortilla and fold in half.
3. Cook in skillet for 3 to 4 minutes. Flip and cook the other side for 3 to 4 minutes or until apple are softened.
4. Remove from heat and let cool before cutting in half. Enjoy!



Nutrition Facts

Servings: 1

Amount per serving

Calories

205

% Daily Value*

Total Fat 1.3g 2%

Saturated Fat 0.1g 0%

Cholesterol 0mg 0%

Sodium 134mg 6%

Total Carbohydrate 46.8g 17%

Dietary Fiber 5.9g 21%

Total Sugars 20.4g

Protein 4.4g

Vitamin D 0mcg 0%

Calcium 54mg 4%

Iron 2mg 10%

Potassium 137mg 3%



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).