

Cheesecake Quesadilla

Cream Cheese creates a unique new twist on an old favorite!



INGREDIENTS

(Makes 4 quesadillas)

Flour Tortillas, 25cm	4
U.S. Cream Cheese	300g
Graham Cracker Crumbs	40g
Cherries, dried, chopped	120g
Canola Oil	10ml
Powdered Sugar	For garnish

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 340 **Calories from Fat 170**

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 400mg **17%**

Total Carbohydrate 38g **13%**

Dietary Fiber 2g **8%**

Sugars 15g

Protein 6g

Vitamin A 20% • Vitamin C 0%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

Calories 341kcal

Total Fat 19g

Saturated Fat 9g

Trans Fat 0g

Cholesterol 44mg

Total Carbohydrates 38g

Dietary Fiber 2g

Sugars 15g

Protein 6g

Calcium 122mg

Magnesium 13mg

Phosphorus 102mg

Potassium 187mg

Sodium 399mg

Iron 2mg

Vitamin A 1110IU

Vitamin C 0mg

PREPARATION

1. Lay out tortillas and spread 75g of the cream cheese over each covering the whole tortilla.
2. Sprinkle Graham cracker crumbs and dried cherries evenly on one half of the four tortillas on top of the cream cheese.
3. Fold over the other half of the tortilla to form a half circle and press firmly together.

4. Brush lightly each side of tortillas with canola oil and griddle over medium high heat until browned lightly.
5. Shake powdered sugar over each.
6. Cut into 4 triangles and serve

Note: You may substitute any sweet cracker or cookie crumbs for the graham cracker crumbs. Other dried fruit will work as well.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.