



## Cheesy Caprese Waffled Quesadilla Hack



Entire recipe: 187 calories, 10.5g total fat (6g sat. fat), 484mg sodium, 19g carbs, 10g fiber, 2g sugars, 12.5g protein

[Click for WW Points® value\\*](#)

**Prep:** 5 minutes    **Cook:** 5 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving, 30 Minutes or Less](#)

### Ingredients

- 1 low-carb flour tortilla with 70 calories or less (like [the kind by La Tortilla Factory](#))
- 2 tbsp. whipped cream cheese
- 1/8 tsp. garlic powder
- 1/3 cup spinach leaves
- 1 tbsp. chopped fresh basil
- 2 tbsp. chopped tomatoes
- 3 tbsp. shredded part-skim mozzarella cheese

### Directions

Spray a standard round waffle maker with nonstick spray.

Spread tortilla with cream cheese, and sprinkle with garlic powder. Place the tortilla in the center of the waffle maker. Top the bottom half of the tortilla with spinach, basil, tomatoes, and cheese.

Fold the top half of the tortilla over the filling, and close the waffle maker. Set heat to medium.

Cook until golden brown and crispy, 3-5 minutes, occasionally pressing down on the top of the waffle maker to seal the quesadilla.

**MAKES 1 SERVING**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.