



Chile-Lime Shrimp Quesadillas

READY IN



35 min.

SERVINGS



35

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp chili powder
- 8 6-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 1 cup regular corn frozen thawed
- 0.5 tsp garlic powder
- 0.3 cup juice of lime
- 8 oz pepper jack cheese shredded with a touch of philadelphia kraft
- 1 bell pepper red cut into thin strips
- 1 lb shrimp frozen thawed cleaned cooked

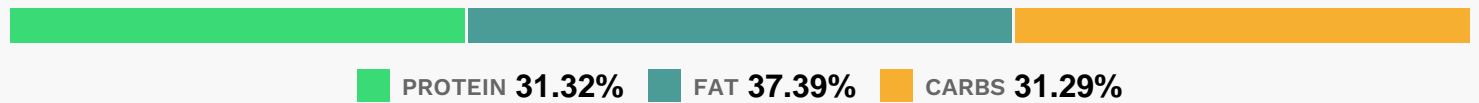
Equipment

- frying pan
- paper towels

Directions

- Combine first 5 ingredients; set aside.
- Heat large skillet sprayed with cooking spray on medium heat.
- Add corn and peppers; cook and stir 3 to 5 min. or until peppers are crisp-tender. Stir in shrimp mixture; cook 2 min. or until heated through, stirring frequently. Spoon onto tortillas; top with cheese. Fold in half.
- Wipe out skillet with paper towels; spray with cooking spray.
- Add quesadillas, in batches; cook 3 to 4 min. or until golden brown on both sides, turning after 2 min.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:1.13, Inflammation Score:-2, Nutrition Score:2.699565216251%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 62.5kcal (3.12%), Fat: 2.64g (4.06%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.48g (1.63%), Sugar: 0.47g (0.52%), Cholesterol: 26.63mg (8.88%), Sodium: 106.52mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Phosphorus: 76.33mg (7.63%), Calcium: 67.68mg (6.77%), Vitamin C: 5.24mg (6.35%), Vitamin A: 187.92IU (3.76%), Selenium: 2.54µg (3.63%), Copper: 0.06mg (3.23%), Vitamin B2: 0.05mg (3.11%), Zinc: 0.45mg (3.02%), Vitamin B1: 0.04mg (2.87%), Folate: 11.35µg (2.84%), Manganese: 0.05mg (2.63%), Magnesium: 10.03mg (2.51%), Iron: 0.43mg (2.38%), Vitamin B3: 0.43mg (2.17%), Potassium: 73.72mg (2.11%), Fiber: 0.48g (1.94%), Vitamin B6: 0.03mg (1.53%), Vitamin K: 1.27µg (1.21%)