



Confetti Quesadillas

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 8-inch flour tortillas fat-free ()
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 1 garlic clove minced
- ☐ 1.5 teaspoons jalapeno minced seeded
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon butter
- ☐ 1 cup onion chopped
- ☐ 4 ounces part-skim mozzarella cheese shredded

- ☐ 1 cup three-pepper salsa
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound shrimp deveined peeled chopped
- ☐ 0.7 cup tomatoes chopped

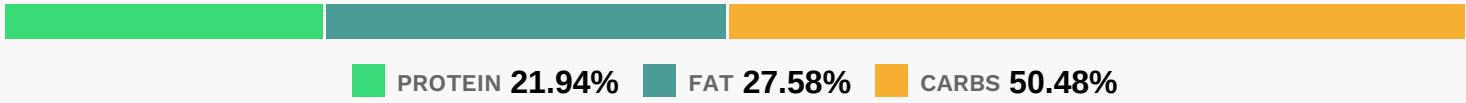
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Heat margarine in a medium nonstick skillet over medium heat.
- ☐ Add onion, corn, and garlic, and saut 30 seconds.
- ☐ Add tomato and jalapeo; saut 4 minutes. Stir in shrimp, lemon juice, cilantro, and salt; saut 3 minutes.
- ☐ Remove corn mixture from skillet; keep warm.
- ☐ Place 1 tortilla in a medium nonstick skillet over medium heat; top with 1/4 cup cheese. Spoon 1/2 cup corn mixture over cheese; top with a tortilla. Cook 3 minutes pressing down with a spatula until cheese melts. Turn carefully; cook until thoroughly heated (about 1 minute). Repeat procedure with the remaining tortillas, cheese, and corn mixture.
- ☐ Cut each quesadilla into quarters; serve with Three-Pepper Salsa.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:17.09, Inflammation Score:-8, Nutrition Score:22.660434891348%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg

0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg
Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 531.34kcal (26.57%), Fat: 16.5g (25.39%), Saturated Fat: 6.65g (41.55%), Carbohydrates: 67.96g (22.65%),
Net Carbohydrates: 61.42g (22.34%), Sugar: 11.47g (12.75%), Cholesterol: 109.43mg (36.48%), Sodium: 1607.05mg
(69.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.54g (59.09%), Phosphorus: 536.47mg (53.65%),
Calcium: 440.82mg (44.08%), Vitamin B1: 0.63mg (41.95%), Selenium: 27.95µg (39.94%), Manganese: 0.75mg
(37.72%), Folate: 129.77µg (32.44%), Vitamin B3: 6.14mg (30.7%), Fiber: 6.54g (26.16%), Iron: 4.7mg (26.11%), Vitamin
B2: 0.43mg (25.57%), Copper: 0.43mg (21.59%), Potassium: 701.75mg (20.05%), Magnesium: 79.78mg (19.94%),
Vitamin C: 15.48mg (18.77%), Vitamin A: 883.23IU (17.66%), Zinc: 2.51mg (16.71%), Vitamin B6: 0.32mg (15.86%),
Vitamin K: 13.74µg (13.08%), Vitamin E: 1.19mg (7.95%), Vitamin B5: 0.68mg (6.76%), Vitamin B12: 0.24µg (3.93%)