



## Corn and Crab Quesadillas

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 oz cream cheese softened
- 11 oz corn whole drained canned
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup spring onion sliced (5 medium)
- 2 oz pimientos diced drained
- 0.5 teaspoon pepper
- 0.3 teaspoon ground pepper red (cayenne)
- 2 cups imitation crab cooked chopped

- 6 10-inch spinach flavor flour wraps flavored (8 to )
- 1 tablespoon butter melted
- 1 serving cilantro leaves fresh sour chopped

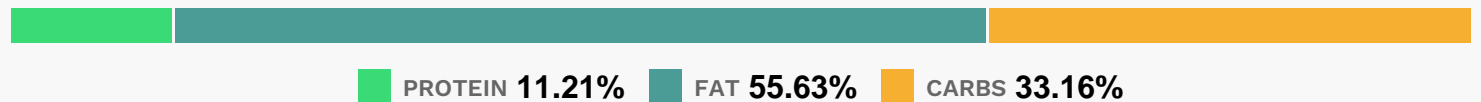
## Equipment

- bowl
- frying pan

## Directions

- In medium bowl, mix cream cheese, corn, cilantro, onions, pimientos, pepper and red pepper. Fold in crabmeat.
- Spread 2/3 cup of the crabmeat mixture over each tortilla; fold tortilla in half, pressing lightly.
- Brush both sides of each tortilla with butter.
- In 12-inch skillet, cook 3 tortillas at a time over medium-high heat about 5 minutes, turning once, until light brown.
- Garnish with sour cream and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:38.67, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:5.171304396961%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

## Nutrients (% of daily need)

Calories: 255.35kcal (12.77%), Fat: 15.77g (24.26%), Saturated Fat: 8.18g (51.12%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 19.98g (7.27%), Sugar: 3.89g (4.33%), Cholesterol: 44.78mg (14.93%), Sodium: 572.07mg (24.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Vitamin A: 1025.5IU (20.51%), Vitamin K: 17.78µg (16.94%), Vitamin C: 12.19mg (14.77%), Phosphorus: 67.49mg (6.75%), Vitamin B2: 0.11mg (6.48%), Folate: 23.67µg (5.92%), Selenium: 3.33µg (4.76%), Calcium: 46.97mg (4.7%), Fiber: 1.17g (4.67%), Potassium: 155.66mg (4.45%), Manganese: 0.08mg (3.98%), Vitamin E: 0.57mg (3.78%), Iron: 0.53mg (2.95%), Magnesium: 11.72mg

(2.93%), Vitamin B3: 0.56mg (2.82%), Vitamin B6: 0.05mg (2.71%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.23mg (2.33%), Copper: 0.04mg (1.94%), Vitamin B1: 0.02mg (1.54%), Vitamin B12: 0.09µg (1.42%)