



Corn and Crab Quesadillas

READY IN



15 min.

SERVINGS



6

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 6 servings cup heavy whipping cream fresh sour chopped
- ☐ 8 oz cream cheese softened
- ☐ 6 10-inch flour tortilla flavored (8 to)
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion sliced (5 medium)
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 2 cups imitation crab cooked chopped
- ☐ 0.5 teaspoon pepper

- ☐ 2 oz pimientos diced drained
- ☐ 11 oz corn whole drained canned

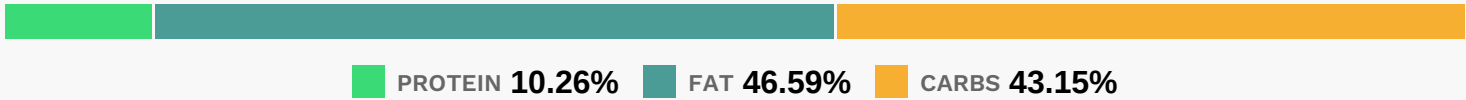
Equipment

- ☐ 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:39, Glycemic Load:11.77, Inflammation Score:-8, Nutrition Score:13.387826183568%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 517.55kcal (25.88%), Fat: 26.7g (41.08%), Saturated Fat: 13.65g (85.28%), Carbohydrates: 55.64g (18.55%), Net Carbohydrates: 52.07g (18.93%), Sugar: 6.9g (7.67%), Cholesterol: 61.73mg (20.58%), Sodium: 1085.03mg (47.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.46%), Selenium: 19.39µg (27.7%), Vitamin B1: 0.38mg (25.21%), Vitamin A: 1243.45IU (24.87%), Folate: 90.06µg (22.51%), Vitamin K: 23.25µg (22.14%), Phosphorus: 220.38mg (22.04%), Manganese: 0.43mg (21.27%), Vitamin B2: 0.34mg (19.75%), Vitamin B3: 3.67mg (18.34%), Iron: 3.04mg (16.86%), Calcium: 156.92mg (15.69%), Vitamin C: 12.27mg (14.88%), Fiber: 3.57g (14.3%), Potassium: 257.33mg (7.35%), Magnesium: 28.17mg (7.04%), Copper: 0.11mg (5.66%), Zinc: 0.8mg (5.3%),

Vitamin B6: 0.1mg (5.03%), Vitamin E: 0.71mg (4.7%), Vitamin B5: 0.39mg (3.86%), Vitamin B12: 0.11µg (1.82%),
Vitamin D: 0.24µg (1.6%)