



Corn and Crab Quesadillas

READY IN



15 min.

SERVINGS



6

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 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

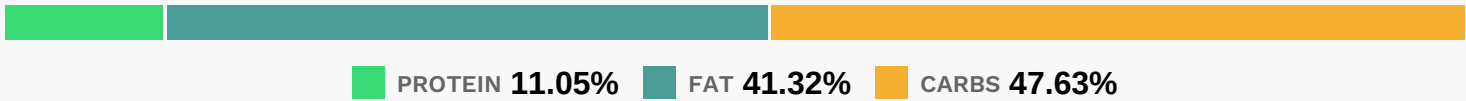
Equipment

- ☐ 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:-7, Nutrition Score:12.771739228912%

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: 466.55kcal (23.33%), Fat: 21.29g (32.75%), Saturated Fat: 10.2g (63.72%), Carbohydrates: 55.21g (18.4%), Net Carbohydrates: 51.64g (18.78%), Sugar: 6.46g (7.18%), Cholesterol: 44.78mg (14.93%), Sodium: 1080.98mg (47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.8g (25.61%), Selenium: 18.94µg (27.06%), Vitamin B1: 0.38mg (25.01%), Folate: 89.46µg (22.36%), Vitamin K: 22.77µg (21.69%), Manganese: 0.43mg (21.26%), Phosphorus: 211.68mg (21.17%), Vitamin A: 1022.95IU (20.46%), Vitamin B3: 3.66mg (18.29%), Vitamin B2: 0.31mg (18.09%), Iron: 3.02mg (16.78%), Vitamin C: 12.18mg (14.77%), Calcium: 147.02mg (14.7%), Fiber: 3.57g (14.3%), Potassium: 243.08mg (6.95%), Magnesium: 27.12mg (6.78%), Copper: 0.11mg (5.58%), Zinc: 0.76mg (5.06%), Vitamin B6: 0.1mg (4.77%), Vitamin E: 0.57mg (3.78%), Vitamin B5: 0.35mg (3.47%), Vitamin B12: 0.09µg (1.42%)