



Corn And Goat Cheese Quesadillas

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings baby spinach
- 4 servings bell pepper red drained
- 4 servings butter
- 4 servings pepper flakes sliced
- 4 servings pepper flakes sliced
- 4 servings ears corn
- 4 servings flour tortilla
- 4 servings cilantro leaves fresh coarsely chopped

4 servings goat cheese soft

4 servings lime

Equipment

frying pan

grill

Directions

Cook corn on heated oiled grill plate (or grill or barbecue) until browned lightly and tender; when cool enough to handle, cut kernels from cobs.

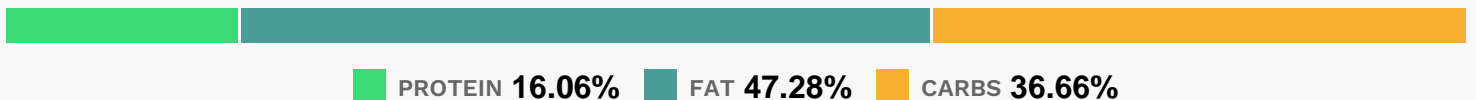
Spread cheese over tortillas. Top four of the tortillas with corn, bell peppers, chili and cilantro, season; top with remaining tortillas. Press around edges firmly to seal quesadillas. Melt butter in medium frying pan; cook quesadillas, one at a time, until browned both sides and heated through.

Serve quesadillas with spinach and lime wedges. More Mexican recipes on Food Republic: Back To Basics: Red Beans And Rice Recipe

Rick Bayless' Mexican Chicken Salad With Guacamole And Fresh Romaine Recipe

Gone Fishin': Catfish Tacos With Chipotle Slaw Recipe

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:6.59, Inflammation Score:-10, Nutrition Score:25.17956531307%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 244.1kcal (12.21%), Fat: 13.23g (20.36%), Saturated Fat: 7.89g (49.34%), Carbohydrates: 23.09g (7.7%), Net Carbohydrates: 19.3g (7.02%), Sugar: 5.88g (6.53%), Cholesterol: 24.55mg (8.18%), Sodium: 392.17mg (17.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.22%), Vitamin C: 134.66mg (163.23%), Vitamin K: 154.76µg (147.39%), Vitamin A: 5783.06IU (115.66%), Folate: 130.06µg (32.52%), Manganese: 0.57mg (28.54%), Vitamin B6: 0.47mg (23.67%), Vitamin B2: 0.34mg (19.98%), Phosphorus: 184.67mg (18.47%), Iron: 3.05mg (16.94%), Vitamin B1: 0.25mg (16.93%), Copper: 0.33mg (16.68%), Fiber: 3.79g (15.17%), Vitamin E: 2.11mg (14.08%), Vitamin B3: 2.69mg (13.43%), Potassium: 445.86mg (12.74%), Calcium: 127.11mg (12.71%), Magnesium: 49.56mg (12.39%), Selenium: 8.09µg (11.56%), Vitamin B5: 0.58mg (5.77%), Zinc: 0.85mg (5.66%), Vitamin B12: 0.07µg (1.09%)