



Corn and Sun-Dried Tomato Quesadilla with Smoked Mozzarella

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 6-inch corn tortillas ()
- 0.3 cup ears corn fresh thawed
- 0.3 teaspoon olive oil
- 1 tablespoon onion red chopped
- 0.1 teaspoon salt
- 1 ounce mozzarella cheese smoked shredded

1.5 teaspoons sun-dried olives

Equipment

bowl

frying pan

paper towels

Directions

Pour oil onto one side of a tortilla.

Place second tortilla over oiled side of first tortilla, and rub tortillas together to spread oil evenly over both tortillas.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

Add corn; cook 4 minutes or until lightly browned, stirring occasionally.

Place corn in a bowl.

Add onion, sun-dried tomato, salt, and pepper to pan; saut 1 minute.

Add to the corn mixture. Wipe pan with paper towels; recoat with cooking spray.

Heat pan over medium-high heat.

Place one tortilla, oiled side down, in pan.

Sprinkle 2 tablespoons cheese over tortilla; top with corn mixture.

Sprinkle with remaining 2 tablespoons cheese; top with remaining tortilla, oiled side up. Cook 2 minutes on each side or until cheese melts and tortilla is crisp.

Cut into 4 wedges.

Nutrition Facts



PROTEIN 16.7% **FAT 30.37%** **CARBS 52.93%**

Properties

Glycemic Index:166.5, Glycemic Load:11.43, Inflammation Score:-6, Nutrition Score:11.723043586897%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 272.52kcal (13.63%), Fat: 9.71g (14.94%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 32.69g (11.89%), Sugar: 6.98g (7.76%), Cholesterol: 22.4mg (7.47%), Sodium: 507.47mg (22.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.02%), Phosphorus: 336.27mg (33.63%), Manganese: 0.44mg (21.94%), Fiber: 5.39g (21.54%), Calcium: 197.98mg (19.8%), Magnesium: 76.77mg (19.19%), Potassium: 520.35mg (14.87%), Zinc: 1.9mg (12.66%), Selenium: 8.75µg (12.5%), Vitamin B1: 0.18mg (11.75%), Vitamin B3: 2.35mg (11.74%), Copper: 0.22mg (11.09%), Vitamin B12: 0.65µg (10.77%), Vitamin B2: 0.18mg (10.58%), Vitamin B6: 0.21mg (10.33%), Iron: 1.74mg (9.67%), Vitamin C: 6.92mg (8.39%), Folate: 31.85µg (7.96%), Vitamin A: 349.25IU (6.99%), Vitamin B5: 0.61mg (6.13%), Vitamin K: 5.03µg (4.79%), Vitamin E: 0.38mg (2.55%)