



Corn and Zucchini Quesadillas



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



313 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 handful cilantro leaves chopped ()
- ☐ 2 handfuls jack etc. grated ()
- ☐ 1 teaspoon cumin toasted (and ground)
- ☐ 1 ear corn (grilled and kernels cut from cob)
- ☐ 1 green onion sliced ()
- ☐ 1 jalapeno chopped ()
- ☐ 1 juice of lime (juice)
- ☐ 2 tortillas

☐ 1 small zucchini grated drained (, squeezed and)

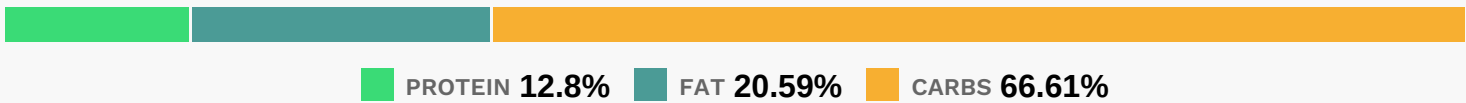
Equipment

☐ frying pan

Directions

- ☐ Mix the corn, zucchini, jalapeno, green onion, cilantro, cumin and lime.
- ☐ Melt a touch of butter in a pan.
- ☐ Place a tortilla into the pan.
- ☐ Sprinkle some cheese on the tortilla followed by corn and zucchini mixture and top with more cheese and finally the other tortilla.
- ☐ Place a plate onto the quesadilla and flipped it from the pan to the plate and then slide it back into the pan to flip the quesadilla.

Nutrition Facts



Properties

Glycemic Index:177, Glycemic Load:10.14, Inflammation Score:-8, Nutrition Score:22.26043484198%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 313.04kcal (15.65%), Fat: 7.63g (11.74%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 55.54g (18.51%), Net Carbohydrates: 49.31g (17.93%), Sugar: 12.26g (13.62%), Cholesterol: 2mg (0.67%), Sodium: 485.76mg (21.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Vitamin C: 56.34mg (68.29%), Vitamin K: 49.83µg (47.46%), Manganese: 0.77mg (38.7%), Vitamin B1: 0.53mg (35.33%), Folate: 140.08µg (35.02%), Phosphorus: 281.88mg (28.19%), Iron: 4.72mg (26.24%), Vitamin B3: 5.2mg (25.99%), Fiber: 6.23g (24.9%), Potassium: 787.06mg (22.49%), Vitamin B2: 0.38mg (22.08%), Selenium: 15.02µg (21.46%), Magnesium: 83.54mg (20.89%), Vitamin B6: 0.4mg (20.24%), Vitamin A: 1005.22IU (20.1%), Calcium: 158.24mg (15.82%), Copper: 0.22mg

(11.25%), Vitamin B5: 1.11mg (11.05%), Zinc: 1.39mg (9.26%), Vitamin E: 1.02mg (6.8%)