

DINNER

Crab Quesadillas

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$2.51	265 kcal

Crab Quesadillas is a hor d'oeuvre that serves 4. For \$2.51 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals. One serving contains 265 calories, 18g of protein, and 9g of fat. 1 person found this recipe to be flavorful and satisfying. This recipe is typical of...

Ingredients

☐ ¾ teaspoon bottled minced garlic	☐ 4 8-inch (8-inch) fat-free flour tortillas
☐ 1 tablespoon minced fresh cilantro	☐ ¼ cup chopped green onions
☐ 1 jalapeño pepper, seeded and finely chopped	☐ ½ pound lump crabmeat, shell pieces removed
☐ 2 ounces 1/2 cup shredded Monterey Jack cheese	☐ 2 tablespoons fat-free sour cream

EQUIPMENT Baking sheet, Broiler

Method

- 1 Preheat broiler.
- 2 Combine first 6 ingredients, stirring well.
- 3 Sprinkle 2 tablespoons cheese over each tortilla. Divide crab mixture evenly among tortillas. Fold in half, pressing gently to seal.
- 4 Place the filled tortillas on a baking sheet. Broil for 1 minute or until the tortilla is lightly browned.

Nutrition per serving

265

KCAL

18 g

PROTEIN

9 g

FAT

27 g

CARBS

Saturated Fat

4.3 g · 27% of daily needs

Fibre

2.1 g · 8% of daily needs

Sugar

2.3 g · 3% of daily needs

Sodium

944 mg · 41% of daily needs

Cholesterol

37 mg · 12% of daily needs

Vitamin C

9.6 mg · 12% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/crab-quesadillas-148241