



Crabmeat and Almond Quesadillas

READY IN



45 min.

SERVINGS



20

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces brie cheese
- ☐ 0.3 teaspoon curry powder
- ☐ 10 8-inch flour tortillas ()
- ☐ 0.3 cup green onions minced
- ☐ 0.5 teaspoon hot sauce
- ☐ 10 ounce lump crab meat fresh drained
- ☐ 0.3 cup mayonnaise
- ☐ 2 ounce pimientos diced drained
- ☐ 0.5 cup slivered almonds toasted

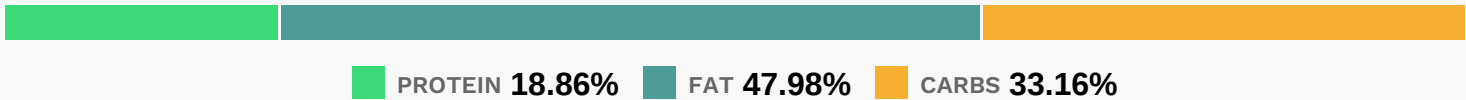
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a medium bowl; stir well.
- ☐ Remove rind from cheese; cut cheese into thin slices, and arrange slices evenly on 5 tortillas. Spoon crabmeat mixture evenly over cheese, and top with remaining tortillas.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add quesadillas, one at a time, and cook 1 to 2 minutes on each side or until lightly browned and cheese melts.
- ☐ Cut each quesadilla into 4 wedges, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.15, Glycemic Load:4.1, Inflammation Score:-3, Nutrition Score:7.8030435015326%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 163.9kcal (8.2%), Fat: 8.72g (13.42%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 12.22g (4.44%), Sugar: 1.27g (1.41%), Cholesterol: 18.47mg (6.16%), Sodium: 398.72mg (17.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.43%), Vitamin B12: 1.47µg (24.44%), Selenium: 12.69µg (18.12%), Phosphorus: 119.78mg (11.98%), Manganese: 0.2mg (10.15%), Vitamin B2: 0.17mg (10.11%), Folate: 40.22µg (10.05%), Vitamin B1: 0.15mg (9.98%), Vitamin K: 10.43µg (9.93%), Copper: 0.19mg (9.55%), Zinc: 1.35mg (9.01%),

Calcium: 73.63mg (7.36%), Vitamin B3: 1.46mg (7.28%), Iron: 1.26mg (7.02%), Magnesium: 22.74mg (5.69%),
Vitamin E: 0.85mg (5.66%), Fiber: 1.35g (5.39%), Vitamin C: 4.33mg (5.25%), Vitamin B6: 0.08mg (3.79%), Vitamin
A: 164.67IU (3.29%), Potassium: 108.98mg (3.11%), Vitamin B5: 0.19mg (1.89%)