



Crabmeat and Corn Quesadillas

READY IN



45 min.

SERVINGS



20

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 8-inch flour tortillas ()
- 0.5 cup cilantro leaves fresh minced
- 0.5 cup corn kernels fresh thawed
- 0.3 cup green onions chopped
- 0.5 teaspoon ground cumin
- 1 teaspoon hot sauce
- 8 ounces lump crab meat fresh drained
- 5 ounces monterrey jack cheese shredded reduced-fat
- 0.3 cup nonfat cream alternative sour

0.5 cup bell pepper diced sweet red

Equipment

bowl

frying pan

Directions

Combine first 8 ingredients in a medium bowl; stir well. Spoon crabmeat mixture evenly over 5 tortillas; spread to within 1/2 inch of edge.

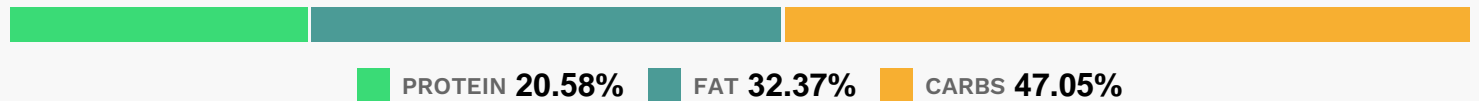
Sprinkle evenly with cheese, and top with remaining tortillas.

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:8.1, Glycemic Load:4.07, Inflammation Score:-3, Nutrition Score:6.5495651947415%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 121.04kcal (6.05%), Fat: 4.33g (6.66%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 13.06g (4.75%), Sugar: 1.42g (1.58%), Cholesterol: 11.33mg (3.78%), Sodium: 335.57mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.39%), Vitamin B12: 1.09µg (18.13%), Selenium: 11.04µg (15.77%), Phosphorus: 116.84mg (11.68%), Calcium: 101.19mg (10.12%), Vitamin B1: 0.14mg (9.64%), Folate: 35.12µg (8.78%), Vitamin C: 6.38mg (7.74%), Manganese: 0.15mg (7.35%), Zinc: 1.07mg (7.16%), Copper: 0.14mg (6.96%), Vitamin B3: 1.38mg (6.89%), Vitamin B2: 0.12mg (6.84%), Vitamin K: 6.9µg (6.58%), Iron: 1.14mg (6.36%), Vitamin A: 232.53IU (4.65%), Fiber: 1.1g (4.41%), Magnesium: 15.79mg (3.95%), Vitamin B6: 0.05mg (2.73%), Potassium: 89.97mg (2.57%), Vitamin B5: 0.14mg (1.38%)