



Crawfish Quesadillas

READY IN



50 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.5 teaspoon cayenne pepper
- 12 ounces crawfish tails whole cooked peeled
- 6 10-inch flour tortillas ()
- 4 green onions sliced thin
- 1 tablespoon olive oil
- 8 ounces queso fresco cheese crumbled
- 0.5 bell pepper diced red
- 1 tablespoon fajita seasoning

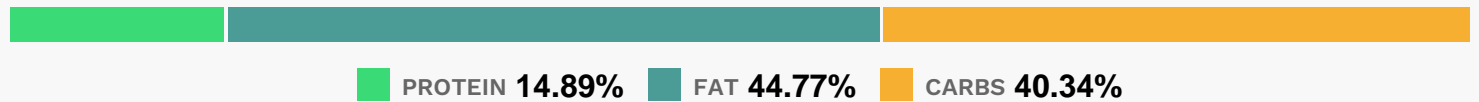
Equipment

frying pan

Directions

- Melt 1 tablespoon of butter and 1 tablespoon of olive oil in a skillet over medium heat. Stir in the bell pepper and green onions; season with fajita seasoning and cayenne pepper. Cook and stir until the bell pepper is nearly tender, about 4 minutes.
- Add the crawfish tails and cook a few more minutes until hot and set aside.
- Place the tortillas onto your work surface; divide about half of the queso fresco onto one side of each tortilla. Evenly divide the crawfish mixture on top of the cheese, then sprinkle with the remaining cheese. Fold the tortillas over the filling, pressing down lightly.
- Melt 1 teaspoon of butter and 1 teaspoon of olive oil in a large skillet over medium heat.
- Place two of the quesadillas into the skillet, and cook until golden brown on each side, about 3 minutes per side. Repeat with the remaining butter, olive oil, and quesadillas.
- Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:11.22, Inflammation Score:-7, Nutrition Score:17.179565222367%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 382.7kcal (19.13%), Fat: 19.08g (29.36%), Saturated Fat: 8.51g (53.18%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 34.73g (12.63%), Sugar: 4.2g (4.66%), Cholesterol: 40.42mg (13.47%), Sodium: 823.07mg (35.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.56%), Vitamin K: 39.49µg (37.61%), Calcium: 366.26mg (36.63%), Selenium: 25.44µg (36.34%), Phosphorus: 316.36mg (31.64%), Manganese: 0.52mg (25.8%), Vitamin B1: 0.39mg (25.73%), Folate: 84.96µg (21.24%), Iron: 3.79mg (21.04%), Vitamin B2: 0.3mg (17.55%), Vitamin C: 14.42mg (17.47%), Vitamin B3: 3.49mg (17.43%), Vitamin A: 867.9IU (17.36%), Fiber: 3.96g (15.84%),

Vitamin B12: 0.85µg (14.17%), Zinc: 1.58mg (10.5%), Magnesium: 36.46mg (9.12%), Vitamin E: 1.23mg (8.2%), Copper: 0.15mg (7.46%), Vitamin B6: 0.14mg (7.14%), Vitamin D: 1.02µg (6.8%), Potassium: 230.45mg (6.58%), Vitamin B5: 0.35mg (3.48%)