



WHATSheATE



Goat Cheese and Roasted Corn Quesadillas



Vegetarian



Gluten Free

READY IN



24 min.

SERVINGS



4

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



8 6-inch corn tortillas ()



1 cup corn kernels fresh (1 large ear)



5 ounces goat cheese softened



0.3 cup green onions chopped (1 green onion)



10 tablespoon bottled salsa verde divided

Equipment



bowl



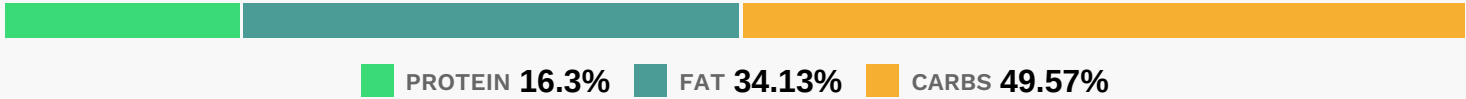
frying pan

☐ paper towels

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add corn; saut 2 minutes or until browned.
- ☐ Place corn in a small bowl.
- ☐ Add goat cheese to corn; stir until well blended. Divide corn mixture evenly among 4 tortillas; spread to within 1/4 inch of sides.
- ☐ Sprinkle each tortilla with 1 tablespoon green onions.
- ☐ Drizzle each with 1 1/2 teaspoons salsa; top with remaining 4 tortillas.
- ☐ Heat pan over medium-high heat. Coat pan with cooking spray.
- ☐ Place 2 quesadillas in pan; cook 1 1/2 minutes on each side or until golden.
- ☐ Remove from pan; keep warm. Wipe pan clean with paper towels; recoat with cooking spray. Repeat procedure with remaining quesadillas.
- ☐ Cut each quesadilla into 4 wedges.
- ☐ Serve with remaining 8 tablespoons salsa.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:10.15, Inflammation Score:-6, Nutrition Score:9.7334781548251%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 258.89kcal (12.94%), Fat: 10.08g (15.5%), Saturated Fat: 5.52g (34.5%), Carbohydrates: 32.93g (10.98%), Net Carbohydrates: 28.77g (10.46%), Sugar: 5.69g (6.32%), Cholesterol: 16.3mg (5.43%), Sodium: 447.85mg (19.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.65%), Phosphorus: 288.57mg (28.86%), Copper: 0.36mg (18.21%), Fiber: 4.16g (16.65%), Vitamin A: 747.2IU (14.94%), Magnesium: 57.77mg (14.44%), Manganese: 0.27mg (13.7%), Vitamin K: 13.68µg (13.03%), Vitamin B6: 0.24mg (12%), Vitamin B2: 0.19mg (11.38%),

Calcium: 96.96mg (9.7%), Vitamin B1: 0.13mg (8.89%), Iron: 1.59mg (8.86%), Potassium: 302.26mg (8.64%), Vitamin B3: 1.61mg (8.03%), Zinc: 1.2mg (7.99%), Folate: 26.08µg (6.52%), Selenium: 4.42µg (6.31%), Vitamin C: 5.16mg (6.25%), Vitamin B5: 0.56mg (5.62%), Vitamin E: 0.27mg (1.79%), Vitamin B12: 0.07µg (1.12%)