



## Grilled Shrimp Tapenade Quesadillas

READY IN



45 min.

SERVINGS



6

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 fillet anchovy or
- ☐ 2 tablespoons capers drained
- ☐ 8 10-inch flour tortillas ()
- ☐ 1 garlic clove
- ☐ 12 ounces gruyère cheese shredded
- ☐ 8 ounces kalamata olives pitted
- ☐ 2 tablespoons olive oil
- ☐ 0.8 pound shrimp deveined cooked peeled

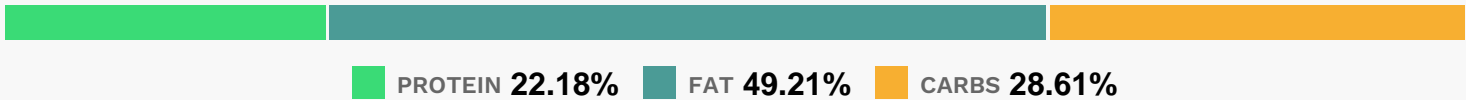
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ spatula

## Directions

- ☐ With food processor running, drop garlic through food chute; process until minced.
- ☐ Add anchovies, capers, and olive oil; process until finely minced.
- ☐ Add olives, processing just until chopped. (Do not overprocess; mixture should be chunky.)
- ☐ Combine olive mixture and shrimp in a large bowl; toss well.
- ☐ Place 4 tortillas on a large baking sheet.
- ☐ Sprinkle each tortilla with 1/3 cup cheese; top with one-fourth of shrimp mixture. Top shrimp mixture with remaining cheese.
- ☐ Place remaining tortillas over cheese, pressing down gently.
- ☐ Grill, covered, over medium heat (300 to 350°F)
- ☐ for 2 minutes. Quickly and carefully turn quesadillas, using a large, wide spatula. Grill, covered, 2 additional minutes or until cheese melts and tortillas are golden.
- ☐ Cut each quesadilla into 6 wedges, and serve immediately.
- ☐ Tip: Turning the quesadillas quickly keeps their juices from dripping, which can cause flare-ups and burned tortillas.

## Nutrition Facts



## Properties

Glycemic Index:10.67, Glycemic Load:14.61, Inflammation Score:-7, Nutrition Score:21.924782591022%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 670.62kcal (33.53%), Fat: 36.73g (56.51%), Saturated Fat: 14.97g (93.55%), Carbohydrates: 48.06g (16.02%), Net Carbohydrates: 43.45g (15.8%), Sugar: 3.89g (4.32%), Cholesterol: 156.05mg (52.02%), Sodium: 1827.08mg (79.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.24g (74.49%), Calcium: 772.77mg (77.28%), Phosphorus: 666.14mg (66.61%), Selenium: 30.94µg (44.2%), Vitamin B1: 0.52mg (34.34%), Vitamin B2: 0.44mg (25.8%), Manganese: 0.5mg (25.13%), Vitamin B3: 4.86mg (24.28%), Folate: 95.53µg (23.88%), Zinc: 3.56mg (23.76%), Iron: 4.17mg (23.19%), Copper: 0.4mg (20.11%), Fiber: 4.61g (18.44%), Magnesium: 67.59mg (16.9%), Vitamin B12: 0.93µg (15.53%), Vitamin E: 2.32mg (15.45%), Vitamin A: 691.78IU (13.84%), Vitamin K: 12.26µg (11.67%), Potassium: 346.59mg (9.9%), Vitamin B6: 0.13mg (6.26%), Vitamin B5: 0.51mg (5.1%), Vitamin D: 0.34µg (2.27%)