



WHATSheATE



Island Quesadillas with Lime Sour Cream and Pureed Mango Dip

READY IN



30 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 flour tortillas
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic powder
- ☐ 2 teaspoons ground cumin
- ☐ 4 in juice fresh canned
- ☐ 1.3 pounds shrimp deveined peeled
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons lime zest finely grated

- ☐ 1 mangos peeled seeded
- ☐ 1.5 cups monterrey jack cheese shredded
- ☐ 0.3 cup roasted peppers red chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup scallions chopped
- ☐ 0.5 cup cup heavy whipping cream light sour

Equipment

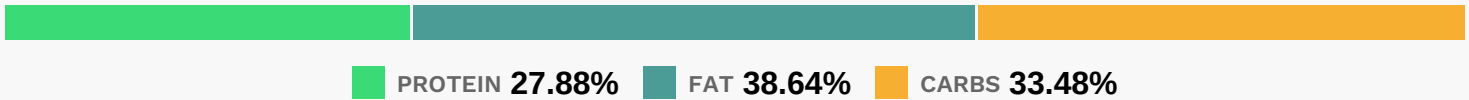
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ stove
- ☐ spatula
- ☐ grill pan

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Heat a stove-top grill pan or griddle to medium-high heat and coat with cooking spray. Season shrimp all over with salt, black pepper and cumin.
- ☐ Place shrimp on the hot pan and cook 2 minutes per side, until bright pink and cooked through.
- ☐ Place pineapple on grill next to shrimp and cook 2 minutes per side, until golden brown.
- ☐ Remove shrimp and pineapple from grill and cut both into 1-inch chunks.
- ☐ Arrange 4 tortillas on a flat surface. Top with, shrimp, pineapple, cheese, red peppers, and scallions.
- ☐ Place second tortilla on top.

- ☐ Transfer with hands or with a spatula, to a baking sheet.
- ☐ Place a second baking sheet on top to weigh down the tortillas.
- ☐ Bake for 10 minutes, or until cheese is melted and tortillas are golden brown.
- ☐ While the quesadillas are baking, in a small bowl, using a spoon, combine sour cream, lime zest and garlic.
- ☐ Mix well to combine.
- ☐ In a food processor, combine mango and lime juice. Puree until smooth and remove from food processor and place in a bowl. Using a rubber spatula, stir in cilantro.
- ☐ Remove quesadillas from the oven.
- ☐ Cut quesadillas into wedges and serve with lime sour cream and pureed mango on the side.

Nutrition Facts



Properties

Glycemic Index:72.88, Glycemic Load:13.27, Inflammation Score:-8, Nutrition Score:27.156521652056%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 527.24kcal (26.36%), Fat: 22.6g (34.77%), Saturated Fat: 11.98g (74.89%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 40.53g (14.74%), Sugar: 9.97g (11.08%), Cholesterol: 226.38mg (75.46%), Sodium: 1686.02mg (73.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.39%), Selenium: 63.18µg (90.26%), Phosphorus: 702.09mg (70.21%), Calcium: 547.71mg (54.77%), Vitamin B12: 2.05µg (34.1%), Vitamin C: 27.24mg (33.02%), Folate: 123.58µg (30.9%), Vitamin B3: 5.74mg (28.72%), Vitamin A: 1380.6IU (27.61%), Vitamin B1: 0.38mg (25.55%), Vitamin B2: 0.43mg (25%), Manganese: 0.47mg (23.31%), Zinc: 3.3mg (21.99%), Copper:

0.44mg (21.82%), Iron: 3.84mg (21.33%), Vitamin B6: 0.42mg (21.03%), Vitamin K: 21.62µg (20.59%), Magnesium: 71.83mg (17.96%), Vitamin E: 2.63mg (17.5%), Fiber: 3.54g (14.17%), Potassium: 495.71mg (14.16%), Vitamin B5: 0.76mg (7.58%), Vitamin D: 0.45µg (3.02%)