



Jerk Shrimp and Pineapple Salsa Quesadillas with Pina Colada Guacamole



Gluten Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



1021 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup pina colada crema
- ☐ 0.5 cup pina colada guacamole
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 0.5 cup grilled pineapple salsa
- ☐ 0.5 cup grilled jerk shrimp
- ☐ 4 servings tortillas (6-)

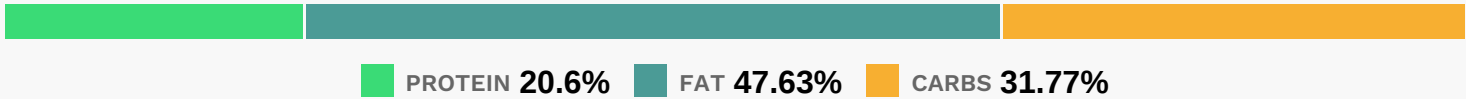
Equipment

☐ frying pan

Directions

☐ Heat a pan over medium heat, place a tortilla in the pan, sprinkle half of the cheese over the tortilla, followed by the shrimp, pineapple salsa, the remaining cheese and tortilla.Cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2–4 minutes per side.Optionally serve with pina colada guacamole and/or pina colada crema.

Nutrition Facts



Properties

Glycemic Index:101, Glycemic Load:19.75, Inflammation Score:-9, Nutrition Score:39.130868922109%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg

Nutrients (% of daily need)

Calories: 1021.21kcal (51.06%), Fat: 55.15g (84.85%), Saturated Fat: 17.1g (106.9%), Carbohydrates: 82.78g (27.59%), Net Carbohydrates: 67.86g (24.68%), Sugar: 12.36g (13.73%), Cholesterol: 272.01mg (90.67%), Sodium: 2468.19mg (107.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.68g (107.36%), Phosphorus: 857.81mg (85.78%), Calcium: 818.2mg (81.82%), Fiber: 14.91g (59.66%), Folate: 229.42µg (57.35%), Selenium: 36.62µg (52.32%), Vitamin B1: 0.74mg (49.42%), Manganese: 0.96mg (48.12%), Copper: 0.93mg (46.37%), Vitamin B3: 8.99mg (44.94%), Vitamin B2: 0.76mg (44.87%), Potassium: 1449.71mg (41.42%), Vitamin K: 41.76µg (39.77%), Iron: 6.61mg (36.73%), Magnesium: 138.81mg (34.7%), Vitamin B6: 0.67mg (33.27%), Zinc: 4.98mg (33.17%), Vitamin A: 1506.48IU (30.13%), Vitamin E: 4.32mg (28.8%), Vitamin B5: 2.31mg (23.14%), Vitamin C: 14.97mg (18.15%), Vitamin B12: 0.47µg (7.82%), Vitamin D: 0.34µg (2.26%)