



Pesto Grilled Shrimp Caprese Quesadillas



Gluten Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic reduction
- ☐ 2 basil leaves
- ☐ 0.5 cup jack cheese shredded
- ☐ 0.3 cup pesto grilled shrimp
- ☐ 1 tablespoon pesto
- ☐ 1 10-inch tortillas ()

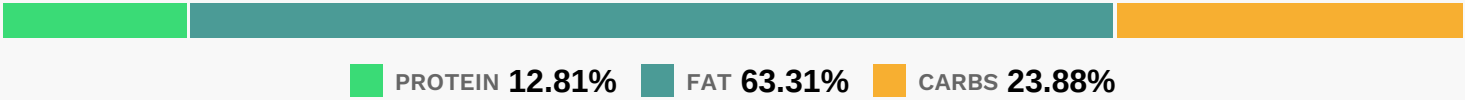
Equipment

- ☐ frying pan

Directions

☐ Heat a pan over medium heat, place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, followed by the shrimp, pesto, balsamic reduction, and basil and the remaining cheese. Fold the tortilla in half coving the filling and cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:131, Glycemic Load:11.03, Inflammation Score:-8, Nutrition Score:16.171304440369%

Nutrients (% of daily need)

Calories: 731.35kcal (36.57%), Fat: 51.21g (78.78%), Saturated Fat: 17.76g (111.02%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 39.77g (14.46%), Sugar: 6.33g (7.04%), Cholesterol: 56.44mg (18.82%), Sodium: 1574.18mg (68.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.61%), Calcium: 649.08mg (64.91%), Vitamin A: 2029.01IU (40.58%), Phosphorus: 395.51mg (39.55%), Selenium: 23.8µg (34.01%), Vitamin B2: 0.42mg (24.61%), Vitamin B1: 0.36mg (24.06%), Folate: 76.51µg (19.13%), Iron: 3.42mg (19%), Manganese: 0.36mg (18.06%), Vitamin B3: 3.15mg (15.77%), Fiber: 3.69g (14.78%), Zinc: 2.07mg (13.82%), Vitamin K: 9.77µg (9.31%), Vitamin B12: 0.47µg (7.82%), Magnesium: 31.17mg (7.79%), Copper: 0.09mg (4.7%), Vitamin B6: 0.09mg (4.36%), Potassium: 135.63mg (3.88%), Vitamin B5: 0.24mg (2.35%), Vitamin D: 0.34µg (2.26%), Vitamin E: 0.15mg (1.02%)