



Roasted Corn Quesadillas With Tomatillo Salsa



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons canola oil divided
- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 6 6-inch corn tortillas ()
- ☐ 2 teaspoons jalapeno minced seeded
- ☐ 0.3 cup bell pepper diced red
- ☐ 2 ounces preshredded mexican blend cheese reduced-fat
- ☐ 6 servings tomatillo salsa

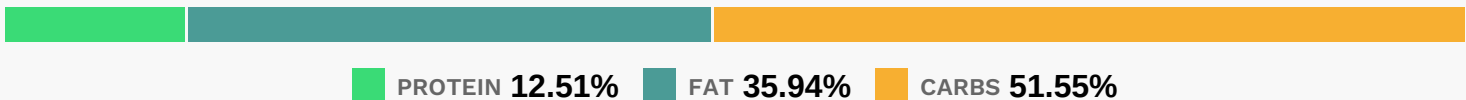
Equipment

- ☐ frying pan
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Prepare Tomatillo Salsa.
- ☐ Heat 1/2 teaspoon oil in a large skillet over medium-high heat; add corn, and saut 3 minutes or just until corn begins to brown.
- ☐ Add bell pepper and saut 1 minute; remove from pan and set aside.
- ☐ Brush 1 side of each tortilla with 1/4 teaspoon oil; place 1 tortilla in pan, oil side down.
- ☐ Sprinkle evenly with 1/3 of corn mixture, 1/3 of cheese, and 1/3 of jalapeo pepper; top with 1 tortilla, oil side up. Cook 3 minutes or until lightly browned on bottom and cheese begins to melt. Carefully turn quesadilla; cook 2 minutes or until lightly browned.
- ☐ Place quesadilla on a cutting board; cut into 4 wedges, using a serrated knife. Repeat procedure with remaining tortillas, corn, cheese, and jalapeo pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:5.13, Inflammation Score:-5, Nutrition Score:5.0873912754266%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 137.75kcal (6.89%), Fat: 5.63g (8.65%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 15.79g (5.74%), Sugar: 3.89g (4.32%), Cholesterol: 8.98mg (2.99%), Sodium: 355.47mg (15.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.81%), Vitamin C: 11.58mg (14.03%), Phosphorus:

137.65mg (13.77%), Vitamin A: 487.44IU (9.75%), Fiber: 2.36g (9.45%), Calcium: 84.79mg (8.48%), Magnesium: 25.63mg (6.41%), Manganese: 0.13mg (6.33%), Potassium: 174.67mg (4.99%), Vitamin B6: 0.1mg (4.89%), Zinc: 0.73mg (4.87%), Vitamin B2: 0.08mg (4.57%), Selenium: 3.18µg (4.54%), Folate: 15.95µg (3.99%), Vitamin B3: 0.76mg (3.78%), Vitamin E: 0.51mg (3.41%), Vitamin B1: 0.04mg (2.72%), Iron: 0.48mg (2.67%), Copper: 0.05mg (2.66%), Vitamin B12: 0.12µg (1.94%), Vitamin B5: 0.17mg (1.74%), Vitamin K: 1.8µg (1.71%)