



WHATSheATE



Shrimp and Bacon Quesadillas

READY IN



30 min.

SERVINGS



2

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings avocado sour sliced
- ☐ 4 slices bacon chopped
- ☐ 2 flour tortillas (10 in. wide)
- ☐ 0.3 cup green onions divided chopped
- ☐ 1 cup jack cheese shredded
- ☐ 8 ounces shrimp deveined peeled halved lengthwise per lb.),
- ☐ 2 teaspoons vegetable oil divided

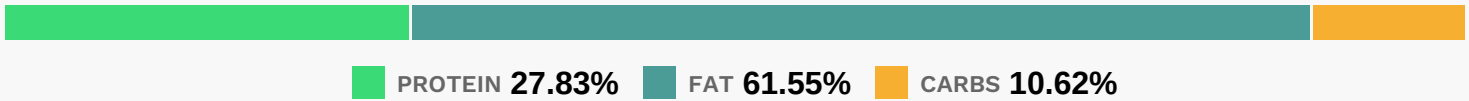
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a medium frying pan over medium-high heat until crisp.
- ☐ Transfer to a paper towel to drain.
- ☐ Pour off grease, then add shrimp to pan and cook until pink, about 1 minute, stirring often. Set aside.
- ☐ Heat 1 tsp. oil in a large frying pan over medium heat. Set a tortilla in pan and sprinkle half of it with half the bacon, shrimp, cheese, and onions. Fold tortilla over filling and press down gently. Cook, covered, until browned, turning once, about 3 minutes total.
- ☐ Transfer to a plate. Repeat to make second quesadilla.
- ☐ Cut each quesadilla into 4 pieces.
- ☐ Serve with avocado, salsa, and sour cream.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:4.98, Inflammation Score:-5, Nutrition Score:18.495652084765%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 649.95kcal (32.5%), Fat: 44.41g (68.32%), Saturated Fat: 19.53g (122.09%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 15.87g (5.77%), Sugar: 2.1g (2.33%), Cholesterol: 268.98mg (89.66%), Sodium: 991.74mg (43.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.17g (90.34%), Phosphorus: 632.44mg (63.24%), Calcium: 561.18mg (56.12%), Vitamin K: 37.9µg (36.1%), Selenium: 24.25µg (34.64%), Zinc: 3.98mg (26.54%), Copper: 0.52mg (26.18%), Vitamin B2: 0.37mg (21.81%), Vitamin B1: 0.29mg (19.34%), Magnesium: 70.52mg (17.63%), Vitamin B3: 3.22mg (16.13%), Potassium: 519.26mg (14.84%), Iron: 2.46mg (13.67%), Vitamin A: 650.15IU (13%), Vitamin B12: 0.71µg (11.9%), Folate: 47.09µg (11.77%), Manganese: 0.22mg (10.9%), Vitamin B6: 0.19mg (9.6%), Fiber: 1.38g (5.5%), Vitamin E: 0.82mg (5.46%), Vitamin B5: 0.46mg (4.62%), Vitamin D: 0.51µg (3.43%), Vitamin C: 2.46mg (2.98%)