



## Shrimp & Jalapeno Quesadilla

READY IN



15 min.

SERVINGS



15

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 avocado sliced
- 0.5 cup jalapeño cheese shredded divided kraft
- 2 8-inch flour tortillas ()
- 0.1 tsp ground pepper red (cayenne)
- 1 tsp oil
- 0.3 cup salsa fresh
- 0.3 lb shrimp deveined uncooked peeled

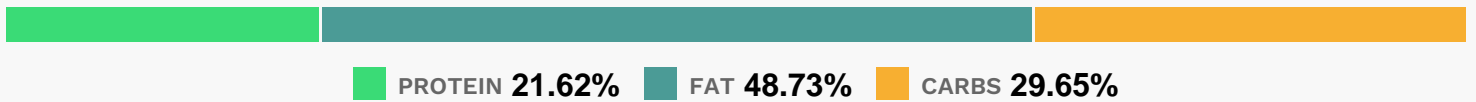
### Equipment

- frying pan
- grill
- panini press

## Directions

- Heat panini grill.
- Heat oil in small skillet on medium heat.
- Add shrimp and red pepper; cook and stir 3 to 4 min. or until shrimp turn pink.
- Top 1 tortilla with 1/4 cup cheese, shrimp, salsa and avocados; cover with remaining cheese and tortilla.
- Grill 4 min. or until golden brown.
- Cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:8.87, Glycemic Load:1.14, Inflammation Score:-1, Nutrition Score:2.2234782667264%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

## Nutrients (% of daily need)

Calories: 57.28kcal (2.86%), Fat: 3.16g (4.86%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 3.55g (1.29%), Sugar: 0.48g (0.53%), Cholesterol: 15.94mg (5.31%), Sodium: 112.58mg (4.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.31%), Phosphorus: 52.35mg (5.24%), Calcium: 43.44mg (4.34%), Selenium: 2.65µg (3.78%), Folate: 12.8µg (3.2%), Fiber: 0.77g (3.08%), Vitamin B1: 0.04mg (2.76%), Vitamin B2: 0.05mg (2.71%), Copper: 0.05mg (2.67%), Manganese: 0.05mg (2.56%), Vitamin B3: 0.47mg (2.34%), Vitamin K: 2.39µg (2.28%), Zinc: 0.33mg (2.18%), Potassium: 75.34mg (2.15%), Magnesium: 7.77mg (1.94%), Iron: 0.35mg (1.94%), Vitamin E: 0.28mg (1.85%), Vitamin B6: 0.03mg (1.59%), Vitamin A: 74.57IU (1.49%), Vitamin B5: 0.13mg (1.29%)