



Shrimp Quesadilla

 Popular

READY IN



25 min.

SERVINGS



1

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound medium-small shrimp raw deveined peeled
- ☐ 0.3 teaspoon chili powder
- ☐ 1 pinch salt
- ☐ 1 pinch pepper
- ☐ 1 Tbsp juice of lemon
- ☐ 2.5 teaspoons olive oil extra virgin divided (, 2 teaspoons and)
- ☐ 1 Tbsp onion red chopped
- ☐ 1 Tbsp cilantro leaves fresh plus more for garnish chopped

- ☐ 1 serving salt and pepper
- ☐ 2 medium flour tortillas
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 0.3 avocado sliced
- ☐ 1 Tbsp crema fresca sour

Equipment

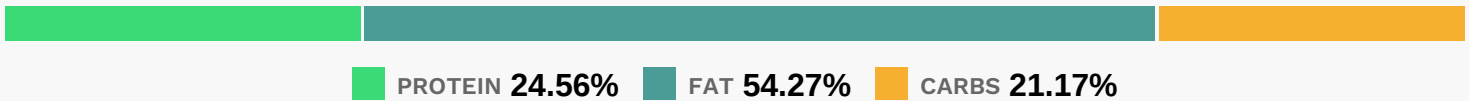
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Marinate the shrimp: Toss the shrimp in a small bowl with 1/4 teaspoon of chipotle powder or chile powder, a pinch of salt, pinch of pepper, and a tablespoon of lime or lemon juice.
- ☐ Let sit for 10 minutes. Then drain out the juice.
- ☐ Cook the shrimp:
- ☐ Heat a couple teaspoons of olive oil in a relatively stick-free skillet (a cast iron skillet works well for this) on medium high heat.
- ☐ Add the shrimp and cook for half a minute on each side, and remove to a bowl.
- ☐ The shrimp shouldn't be completely cooked through; they will continue to cook during the next step.
- ☐ Heat the tortillas: Wipe out the skillet with paper towels.
- ☐ Add a small amount of olive oil (about 1/2 a teaspoon, you could use butter as well) and heat the pan on medium high.
- ☐ Place one flour tortilla on the skillet. Flip the tortilla over a few times, 10 seconds between flips. Air pockets should begin to form within the tortilla.
- ☐ Remove the tortilla and repeat with the second tortilla. Leave the second tortilla in the pan and reduce the heat to medium.
- ☐ Build the quesadilla:
- ☐ Sprinkle the tortilla with the grated cheese. Distribute the shrimp on top of the cheese.

- ☐ Add chopped onion and cilantro.
- ☐ Place the other tortilla on top.
- ☐ Flip the quesadilla over when the bottom tortilla is nicely toasted and the cheese has begun to melt.
- ☐ Remove the quesadilla from the pan when the now bottom tortilla has toasted sufficiently.
- ☐ You can also use just one tortilla instead of two, and fold the tortilla over itself like an omelette.
- ☐ Cut the quesadilla into triangles:
- ☐ Cut like a pie into six pieces (a pizza wheel works well for this).
- ☐ Place on a serving plate.
- ☐ Serve with avocado slices and sour cream.
- ☐ Garnish with chopped fresh cilantro. Squeeze a little lime juice over everything.

Nutrition Facts



Properties

Glycemic Index:192, Glycemic Load:10.05, Inflammation Score:-7, Nutrition Score:22.998695611954%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 692.35kcal (34.62%), Fat: 42.33g (65.12%), Saturated Fat: 16.34g (102.15%), Carbohydrates: 37.16g (12.39%), Net Carbohydrates: 31.27g (11.37%), Sugar: 4.09g (4.55%), Cholesterol: 239.94mg (79.98%), Sodium: 1164.48mg (50.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.1g (86.2%), Phosphorus: 658.33mg (65.83%), Calcium: 605.62mg (60.56%), Selenium: 22.39µg (31.99%), Copper: 0.64mg (31.76%), Vitamin B2:

0.49mg (28.56%), Folate: 113.3µg (28.32%), Zinc: 3.94mg (26.29%), Vitamin B1: 0.36mg (23.74%), Fiber: 5.89g (23.57%), Vitamin K: 24.46µg (23.29%), Manganese: 0.45mg (22.55%), Magnesium: 86.84mg (21.71%), Potassium: 722.21mg (20.63%), Iron: 3.65mg (20.3%), Vitamin E: 2.9mg (19.33%), Vitamin B3: 3.68mg (18.39%), Vitamin A: 759.5IU (15.19%), Vitamin C: 11.79mg (14.29%), Vitamin B6: 0.24mg (12.22%), Vitamin B5: 1mg (9.95%), Vitamin B12: 0.49µg (8.24%), Vitamin D: 0.34µg (2.26%)