



Surf and Garden Quesadillas with Avocado Salad

READY IN



45 min.

SERVINGS



6

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado sliced
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.5 teaspoon sea salt
- ☐ 4 large flour tortilla (9 to 10 in.)
- ☐ 0.8 cup ears corn fresh (from 1 cob)
- ☐ 3 garlic clove chopped
- ☐ 2 spring onion thinly sliced

- ☐ 0.5 teaspoon ground cumin
- ☐ 2 large heirloom tomatoes cut into wedges
- ☐ 5 oz monterrey jack cheese shredded
- ☐ 3 tablespoons juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon orange juice
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon pepper
- ☐ 6 servings the salad
- ☐ 0.5 teaspoon salt
- ☐ 5 oz sharp cheddar cheese shredded
- ☐ 0.8 pound shrimp deveined peeled per lb.)
- ☐ 0.3 cup onion yellow thinly sliced
- ☐ 0.8 pound zucchini shredded
- ☐ 6 servings frangelico
- ☐ 6 servings frangelico

Equipment

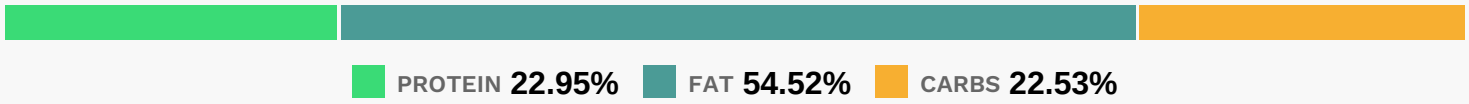
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ spatula
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Heat grill to high (about 45

- ☐ and put a grill pan on it. In a medium bowl, toss shrimp with garlic, salt, spices, orange juice, and oil.
- ☐ Divide half of cheeses among tortillas, leaving half of each tortilla bare. Top cheese with zucchini, corn, and green onions. Top vegetables with remaining cheeses.
- ☐ Oil grill pan, using tongs and a wad of oiled paper towels. Grill shrimp in pan, turning once, until just cooked through, about 3 minutes. Coarsely chop shrimp, scatter over cheese on tortillas, and fold tortillas to close.
- ☐ Grill quesadillas on cooking grate, turning once with a wide spatula, until cheese melts and tortillas are golden, about 2 minutes per side.
- ☐ Mix salad ingredients gently in a bowl and arrange on plates.
- ☐ Cut quesadillas into wedges and serve them alongside salad.

Nutrition Facts



Properties

Glycemic Index:78.33, Glycemic Load:5.14, Inflammation Score:-9, Nutrition Score:24.444347967272%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 475.63kcal (23.78%), Fat: 29.95g (46.08%), Saturated Fat: 11.59g (72.41%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 20.55g (7.47%), Sugar: 6.32g (7.02%), Cholesterol: 135.94mg (45.31%), Sodium: 925.8mg (40.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.37g (56.73%), Vitamin C: 41.17mg (49.9%), Phosphorus: 487.6mg (48.76%), Calcium: 449.5mg (44.95%), Vitamin A: 1802.07IU (36.04%), Folate: 133.19µg (33.3%), Vitamin K: 34.77µg (33.11%), Fiber: 7.3g (29.19%), Potassium: 1000.27mg (28.58%), Manganese: 0.56mg (28.03%), Vitamin B2: 0.45mg (26.31%), Copper: 0.5mg (25.07%), Zinc: 3.4mg (22.64%), Vitamin B6: 0.45mg (22.45%), Selenium: 15.54µg (22.2%), Magnesium: 88.68mg (22.17%), Vitamin B1: 0.26mg (17.26%), Vitamin

B3: 3.34mg (16.69%), Vitamin E: 2.5mg (16.65%), Vitamin B5: 1.5mg (15.01%), Iron: 2.62mg (14.58%), Vitamin B12: 0.45µg (7.44%), Vitamin D: 0.28µg (1.89%)