

Super-Quick Shrimp & Green Chile Quesadillas

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Servings: 4

Yield: 1 cup guacamole

1 3/4 cups cheddar cheese, shredded

1 cup peeled and deveined cooked shrimp

1 can (4 ounces) chopped green chilies, drained

2 green onions, thinly sliced

8 eight-inch flour tortillas

1 medium ripe avocado, peeled and pitted

2 tablespoons salsa

1/4 teaspoon garlic salt

In a bowl, combine the cheese, shrimp, green chilies and green onions.

Place half of the tortillas on a greased griddle. Sprinkle with the cheese mixture. Top with the remaining tortillas.

Cook over medium heat for 1 to 2 minutes on each side or until golden brown and the cheese is melted.

Meanwhile, in a small bowl, mash the avocado with the salsa and garlic salt. Serve with the quesadillas.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 673 Calories; 27g Fat (36.0% calories from fat); 25g Protein; 82g Carbohydrate; 5g Dietary Fiber; 52mg Cholesterol; 1161mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 4 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	673	Vitamin B6 (mg):	.1mg
% Calories from Fat:	36.0%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	49.0%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	15.0%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	27g	Folacin (mcg):	192mcg
Saturated Fat (g):	13g	Niacin (mg):	5mg
		Caffeine (mg):	0mg

Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	52mg
Carbohydrate (g):	82g
Dietary Fiber (g):	5g
Protein (g):	25g
Sodium (mg):	1161mg
Potassium (mg):	275mg
Calcium (mg):	546mg
Iron (mg):	5mg
Zinc (mg):	3mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	603IU
Vitamin A (r.e.):	165 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	5 1/2
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	673	Calories from Fat:	242
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% Daily Values*

Total Fat	27g	41%
Saturated Fat	13g	65%
Cholesterol	52mg	17%
Sodium	1161mg	48%
Total Carbohydrates	82g	27%
Dietary Fiber	5g	19%
Protein	25g	
Vitamin A		12%
Vitamin C		4%
Calcium		55%
Iron		29%

* Percent Daily Values are based on a 2000 calorie diet.