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Shrimp Quesadilla Wrap

A delicious and flavorful shrimp quesadilla wrap that is perfect for a quick and satisfying meal. The shrimp is cooked with spices and then combined with cheese and vegetables in a tortilla wrap. It can be enjoyed as a snack or a main dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Shrimp
2 pieces	tortilla wraps
100 g	Cheese
50 g	Bell peppers
50 g	onion

2 cloves	garlic
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1 tbsp	olive oil
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0.5 tsp	salt
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0.5 tsp	pepper
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0.5 tsp	cumin
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Directions

Step 1

Sautéing

Heat olive oil in a pan over medium heat. Add minced garlic and sauté for 1 minute.

Prep Time: 2 mins

Cook Time: 1 mins

Step 2

Cooking

Add shrimp to the pan and cook until pink and opaque, about 3-4 minutes. Season with salt, pepper, and cumin.

Prep Time: 1 mins

Cook Time: 4 mins

Step 3

Sautéing

Remove shrimp from the pan and set aside. In the same pan, add sliced bell peppers and onion. Sauté until tender, about 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Heating

Warm tortilla wraps in a separate pan or microwave. Place cheese, cooked shrimp, and sautéed vegetables on one side of each tortilla.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Cooking

Fold the tortilla in half to cover the filling. Press down gently with a spatula to seal the quesadilla. Cook on both sides until cheese is melted and tortilla is crispy, about 2-3 minutes per side.

Prep Time: 0 mins

Cook Time: 6 mins

Step 6

Resting

Remove from heat and let cool for a few minutes. Cut each quesadilla wrap into halves or quarters. Serve warm.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	40 mcg	1666.67%	1666.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	8 mg	0.24%	0.31%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Mexican

Italian

Course

Salads

Snacks

Appetizers

Main Dishes

Side Dishes

Drinks

Breads

Sauces & Dressings

Cultural

Cinco de Mayo

Chinese New Year

Ramadan

St. Patrick's Day

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Kitchen Tools

Slow Cooker

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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