

Crab Avocado Quesadillas

Yield: 1 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-pineapple-empanadas>

Ingredients:

- 2 whole wheat tortillas
- 2 ounces lump crab meat
- 1 slice bacon fried and crumbled
- 2 slices avocado chopped
- 1 tablespoon shallots chopped
- 1/4 cup shredded mozzarella cheese low-fat
- 1 slice pineapple chopped

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 85 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 9 grams
8. Sodium: 880 milligrams
9. Sugar: 10 grams

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