

Corn And Goat Cheese Quesadillas

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-mexican-char-grilled-chicken-pineapple-juice>

Ingredients:

- 2 corn cobs, trimmed
- 7 1/2 ounces soft goat's cheese
- 8 flour tortillas 8-inch
- 1/2 cup char drained, grilled red bell pepper, sliced thinly
- 2 tablespoons jalapeño chilies pickled sliced, drained
- 1/3 cup chopped fresh cilantro coarsely
- 2 tablespoons butter
- 1 1/2 ounces baby spinach leaves
- 1 lime cut into wedges

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 40 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams
6. Protein: 19 grams
7. SaturatedFat: 13 grams
8. Sodium: 830 milligrams
9. Sugar: 4 grams

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