



BBQ Beef Quesadilla Torta

READY IN



10 min.

SERVINGS



6

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings avocado mash
- ☐ 0.5 cup barbecue sauce
- ☐ 2 cups barbecued beef chopped
- ☐ 4 10-inch burrito-size flour tortillas ()
- ☐ 15 oz black beans rinsed drained canned
- ☐ 6 servings garnish: cilantro sprigs fresh
- ☐ 6 servings toppings: cream sour
- ☐ 2 green onions finely chopped
- ☐ 8 oz cheese blend shredded mexican-style

☐ 1 cup plum tomatoes diced seeded (2 large)

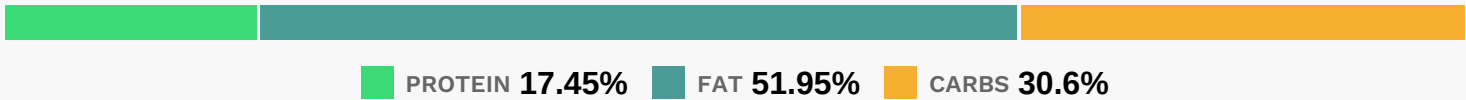
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Stir together barbecued beef, black beans, and 1/2 cup barbecue sauce in a medium bowl.
- ☐ Place 1 tortilla in a lightly greased 10-inch springform pan, and spread with one-third beef mixture.
- ☐ Sprinkle with one-third each of tomatoes, green onions, and cheese. Repeat layers twice. Top with remaining tortilla, and gently press. Cover pan with aluminum foil.
- ☐ Bake at 400 for 15 to 20 minutes or until golden brown.
- ☐ Remove sides of pan, and cut into wedges.
- ☐ Serve with Avocado Mash and desired toppings.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:8.7, Inflammation Score:-8, Nutrition Score:30.517391028612%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin:

0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 722.31kcal (36.12%), Fat: 42.33g (65.12%), Saturated Fat: 14.3g (89.35%), Carbohydrates: 56.11g (18.7%), Net Carbohydrates: 42.08g (15.3%), Sugar: 12.16g (13.51%), Cholesterol: 83.11mg (27.7%), Sodium: 1168.32mg (50.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.98g (63.97%), Fiber: 14.03g (56.11%), Phosphorus: 492.95mg (49.29%), Folate: 185.03µg (46.26%), Selenium: 29.75µg (42.5%), Vitamin B12: 2.47µg (41.11%), Vitamin B3: 7.86mg (39.28%), Zinc: 5.63mg (37.56%), Vitamin K: 38.73µg (36.89%), Vitamin B2: 0.59mg (34.67%), Potassium: 1155.48mg (33.01%), Calcium: 324.41mg (32.44%), Manganese: 0.64mg (31.98%), Vitamin B6: 0.63mg (31.63%), Vitamin B1: 0.47mg (31.14%), Iron: 5.54mg (30.77%), Copper: 0.47mg (23.46%), Magnesium: 92.77mg (23.19%), Vitamin C: 18.24mg (22.11%), Vitamin B5: 2.11mg (21.05%), Vitamin E: 2.89mg (19.24%), Vitamin A: 835.08IU (16.7%), Vitamin D: 0.23µg (1.51%)