

Bean Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 12 12-inch flour tortillas ()
- 10 ounce regular corn frozen
- 2 cloves garlic minced
- 1 bell pepper green chopped
- 1 onion diced finely
- 1 cup cheddar cheese shredded
- 2 tomatoes chopped

0.3 cup vegetable oil

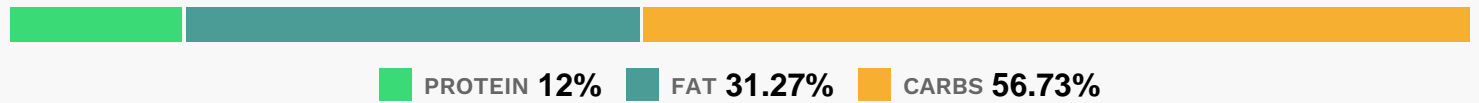
Equipment

frying pan

Directions

- Heat 1 tablespoon oil in a skillet over medium heat, and saute the onion and garlic until soft.
- Mix in beans, bell pepper, tomatoes, and corn; cook until heated through.
- Spread 6 tortillas with equal amounts of the bean and vegetable mixture.
- Sprinkle with equal amounts of the Cheddar cheese, and top with the remaining tortillas to form quesadillas.
- Heat 1/4 cup oil in a large skillet over medium-high heat.
- Place quesadillas in the skillet and cook, turning once, until cheese is melted and both sides are lightly browned.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:18.33, Inflammation Score:-7, Nutrition Score:19.110434646192%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 492.89kcal (24.64%), Fat: 17.21g (26.47%), Saturated Fat: 5.9g (36.88%), Carbohydrates: 70.25g (23.42%), Net Carbohydrates: 62.57g (22.75%), Sugar: 5.43g (6.03%), Cholesterol: 9.42mg (3.14%), Sodium: 1039.66mg (45.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.7%), Vitamin B1: 0.67mg (44.57%), Selenium: 28.85µg (41.22%), Manganese: 0.74mg (36.98%), Folate: 146.03µg (36.51%), Phosphorus: 347.12mg (34.71%), Fiber: 7.68g (30.71%), Vitamin B3: 5.84mg (29.22%), Iron: 5.1mg (28.36%), Vitamin B2: 0.44mg (25.65%), Calcium: 252.42mg (25.24%), Vitamin K: 19.18µg (18.27%), Vitamin C: 14.27mg (17.3%), Magnesium: 51.87mg (12.97%),

Potassium: 409.68mg (11.71%), Copper: 0.23mg (11.27%), Vitamin B6: 0.19mg (9.57%), Zinc: 1.38mg (9.17%), Vitamin A: 304.4IU (6.09%), Vitamin B5: 0.4mg (4.03%), Vitamin E: 0.59mg (3.95%), Vitamin B12: 0.1µg (1.66%)