



Black Bean and Corn Quesadillas

READY IN



15 min.

SERVINGS



6

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans rinsed drained progresso® canned
- ☐ 15.3 oz corn kernels sweet whole green drained giant® canned
- ☐ 12 8-inch flour tortilla for burritos (; from two 11-oz packages old el paso®)
- ☐ 1 tablespoon cilantro leaves fresh coarsely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons onion finely chopped
- ☐ 3 teaspoons penzey's southwest seasoning
- ☐ 8 oz cheddar cheese shredded

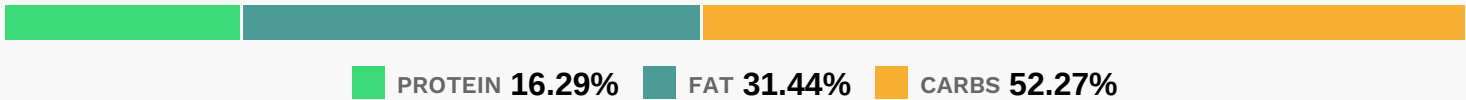
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In large bowl, stir together corn, beans, onion, Cuban seasoning, cilantro and garlic. Set aside.
- ☐ Place 6 tortillas on work surface. Equally divide bean/corn mixture among tortillas. Evenly divide cheese and sprinkle over bean/corn mixture on tortillas. Top each with second tortilla.
- ☐ Heat 12-inch nonstick skillet over medium-high heat.
- ☐ Place 1 assembled quesadilla into hot skillet; cook 1 to 2 minutes or until golden. Carefully flip quesadilla; cook other side 1 to 2 minutes or until golden and cheese is melted.
- ☐ Cut quesadilla in half or into quarters to serve. Repeat with remaining assembled quesadillas.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:16.07, Inflammation Score:-7, Nutrition Score:23.466087019962%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 568.84kcal (28.44%), Fat: 20.12g (30.95%), Saturated Fat: 9.67g (60.46%), Carbohydrates: 75.27g (25.09%), Net Carbohydrates: 64.25g (23.36%), Sugar: 7.7g (8.55%), Cholesterol: 35.91mg (11.97%), Sodium: 1400.9mg (60.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.46g (46.92%), Phosphorus: 490.78mg (49.08%), Calcium: 466.06mg (46.61%), Manganese: 0.9mg (44.77%), Folate: 177.22µg (44.3%), Fiber: 11.02g (44.07%), Vitamin B1: 0.65mg (43.64%), Selenium: 29.97µg (42.81%), Iron: 6.39mg (35.5%), Vitamin B2: 0.57mg (33.62%), Vitamin B3: 5.83mg (29.17%), Vitamin K: 23.84µg (22.7%), Magnesium: 73.19mg (18.3%), Zinc: 2.37mg (15.8%), Copper: 0.29mg (14.7%), Potassium: 511.3mg (14.61%), Vitamin B6: 0.18mg (9.25%), Vitamin B12: 0.46µg (7.75%), Vitamin B5: 0.68mg (6.78%), Vitamin A: 330.89IU (6.62%), Vitamin C: 3.54mg (4.3%), Vitamin E: 0.61mg (4.08%), Vitamin D: 0.19µg (1.26%)