



Black Bean and Corn Quesadillas

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 2 tablespoons butter divided
- 15.5 ounce black beans drained and rinsed canned
- 8 8-inch flour tortilla ()
- 1.5 cups monterrey jack cheese shredded divided
- 2 teaspoons olive oil
- 3 tablespoons onion finely chopped
- 0.3 teaspoon pepper red

- 0.3 cup salsa
- 10 ounce corn whole drained canned

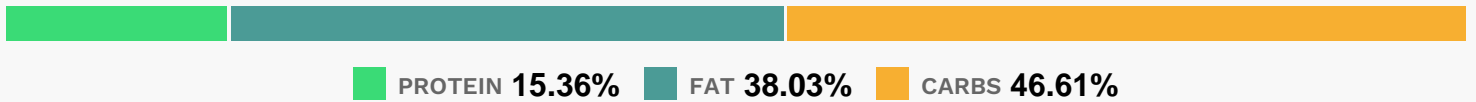
Equipment

- frying pan
- sauce pan

Directions

- Heat oil in a large saucepan over medium heat. Stir in onion, and cook until softened, about 2 minutes. Stir in beans and corn, then add sugar, salsa, and pepper flakes; mix well. Cook until heated through, about 3 minutes.
- Melt 2 teaspoons of the butter in a large skillet over medium heat.
- Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture.
- Place another tortilla on top, cook until golden, then flip and cook on the other side. Melt more butter as needed, and repeat with remaining tortillas and filling.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:8.08, Inflammation Score:-5, Nutrition Score:12.33521738778%

Flavonoids

Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 354.96kcal (17.75%), Fat: 15.03g (23.12%), Saturated Fat: 7.6g (47.48%), Carbohydrates: 41.45g (13.82%), Net Carbohydrates: 35.64g (12.96%), Sugar: 3.93g (4.36%), Cholesterol: 26.38mg (8.79%), Sodium: 848.59mg (36.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.31%), Phosphorus: 277.76mg (27.78%), Calcium: 257.89mg (25.79%), Folate: 96.71µg (24.18%), Fiber: 5.81g (23.23%), Vitamin B1: 0.35mg (23.12%), Selenium: 15.32µg (21.88%), Manganese: 0.42mg (20.91%), Vitamin B2: 0.3mg (17.83%), Iron: 3.2mg (17.75%),

Vitamin B3: 3mg (14.98%), Magnesium: 41.96mg (10.49%), Copper: 0.18mg (9.22%), Potassium: 321.7mg (9.19%), Zinc: 1.33mg (8.87%), Vitamin A: 310.2IU (6.2%), Vitamin K: 5.47µg (5.21%), Vitamin B6: 0.1mg (4.89%), Vitamin C: 2.52mg (3.05%), Vitamin B12: 0.18µg (3.03%), Vitamin E: 0.4mg (2.69%), Vitamin B5: 0.26mg (2.57%)