



WHATSheATE



Black Bean and Sweet Potato Quesadillas



Vegetarian



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 ounce black beans drained and rinsed canned
- ☐ 0.3 teaspoon chili powder
- ☐ 8 8-inch flour tortillas
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 0.3 cup regular corn frozen
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 large sweet potatoes and into diced peeled

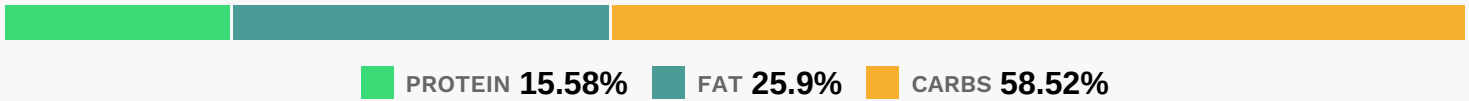
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ microwave

Directions

- ☐ Place sweet potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until very tender, about 15 minutes.
- ☐ Drain and transfer to a bowl. Mash sweet potatoes and mix in cilantro, chili powder, and salt.
- ☐ Place corn in a microwave-safe bowl and microwave on high until warmed, 1 to 2 minutes.
- ☐ Spread 1/4 cup sweet potato mixture onto 1 tortilla; cover with 1/4 cup black beans and 1 tablespoon corn.
- ☐ Sprinkle 1/4 cup Cheddar cheese atop corn; cover with a tortilla. Repeat with remaining tortillas and fillings.
- ☐ Spray a frying pan with cooking spray and place over medium heat; cook 1 quesadilla in the hot pan until cheese is melted and beans are heated through, 3 to 4 minutes per side. Repeat with remaining quesadillas; slice into quarters.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:24.54, Inflammation Score:-10, Nutrition Score:31.1699999905255%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 633.49kcal (31.67%), Fat: 18.29g (28.13%), Saturated Fat: 8.53g (53.34%), Carbohydrates: 92.97g (30.99%), Net Carbohydrates: 77.22g (28.08%), Sugar: 7.44g (8.27%), Cholesterol: 28.25mg (9.42%), Sodium: 1792.58mg (77.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.76g (49.51%), Vitamin A: 12386.56IU (247.73%), Fiber: 15.74g (62.98%), Phosphorus: 534.25mg (53.42%), Manganese: 1.06mg (52.95%), Vitamin B1: 0.79mg (52.47%), Folate: 197.48µg (49.37%), Selenium: 33.11µg (47.3%), Calcium: 422.3mg (42.23%), Iron: 6.92mg (38.44%), Vitamin B2: 0.64mg (37.41%), Vitamin B3: 6.02mg (30.1%), Magnesium: 101.95mg (25.49%), Copper: 0.51mg (25.45%), Potassium: 883.4mg (25.24%), Vitamin B6: 0.35mg (17.62%), Zinc: 2.64mg (17.59%), Vitamin B5: 1.24mg (12.43%), Vitamin K: 9.76µg (9.3%), Vitamin C: 6.43mg (7.79%), Vitamin B12: 0.3µg (4.99%), Vitamin E: 0.48mg (3.21%), Vitamin D: 0.17µg (1.13%)