



## Black Bean Quesadilla

READY IN



20 min.

SERVINGS



2

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 ounce black beans low-fat canned
- 2 flour tortilla
- 0.5 cup guacamole refrigerated prepared (from the section)
- 1 cup salsa
- 1.5 cups cheese shredded mexican-style
- 2 tablespoons cream sour

### Equipment

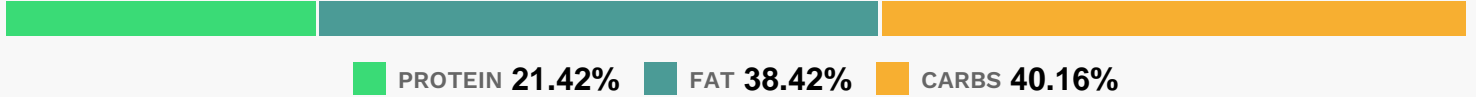
- bowl

- baking sheet
- oven
- aluminum foil

## Directions

- Preheat oven to 400 degrees F.
- Lay 1 tortilla on a clean work surface.
- Spread the beans evenly over the tortilla. Spoon 3/4 cup of salsa over the beans, then sprinkle with the cheese. Top with the second tortilla.
- Place the quesadilla on a foil-covered cookie sheet.
- Bake for approximately 15 minutes, or until the cheese is melted and the top is crisp and brown. Meanwhile, swirl the guacamole and sour cream together in a small bowl.
- Cut the quesadilla into 4 equal portions and transfer to a plate.
- Serve with the guacamole mixture and remaining 1/4 cup of salsa.

## Nutrition Facts



## Properties

Glycemic Index:65.5, Glycemic Load:14.89, Inflammation Score:-9, Nutrition Score:39.477826211763%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

## Nutrients (% of daily need)

Calories: 776.56kcal (38.83%), Fat: 34.04g (52.37%), Saturated Fat: 14.78g (92.37%), Carbohydrates: 80.04g (26.68%), Net Carbohydrates: 54.58g (19.85%), Sugar: 7.75g (8.61%), Cholesterol: 73.44mg (24.48%), Sodium: 1610.43mg (70.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.71g (85.42%), Fiber: 25.46g (101.84%), Folate: 396.87µg (99.22%), Phosphorus: 730.13mg (73.01%), Manganese: 1.32mg (66.15%), Calcium: 579.51mg (57.95%), Magnesium: 206.1mg (51.52%), Vitamin B1: 0.77mg (51.16%), Potassium: 1484.51mg (42.41%), Zinc: 5.61mg (37.42%), Iron: 6.67mg (37.07%), Selenium: 25.3µg (36.14%), Vitamin B2: 0.59mg (34.51%), Copper: 0.68mg (33.77%), Vitamin B12: 1.94µg (32.34%), Vitamin B6: 0.58mg (29.25%), Vitamin A: 1370.18IU (27.4%), Vitamin B3:

5.01mg (25.03%), Vitamin K: 22.86µg (21.77%), Vitamin E: 3.08mg (20.57%), Vitamin B5: 1.84mg (18.36%), Vitamin C: 8.83mg (10.7%), Vitamin D: 0.34µg (2.24%)