



Black Bean Quesadillas

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans undrained canned
- 1 Tbsp cilantro leaves chopped
- 1 cup colby & monterey jack cheeses shredded kraft
- 4 6-inch corn tortillas ()
- 2 Tbsp real mayo mayonnaise kraft
- 0.3 cup tomatoes chopped

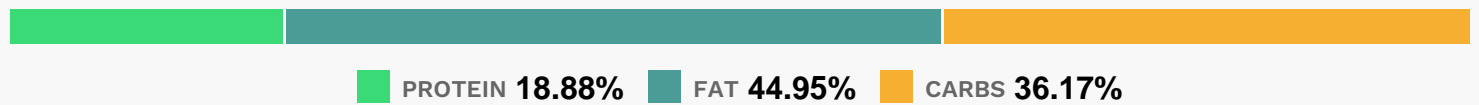
Equipment

- frying pan

Directions

- Cook beans in large skillet on medium heat 4 min. or until heated through, stirring frequently; mash lightly with fork.
- Top half of each tortilla with 1/4 cup cheese; fold in half.
- Add to bean mixture in skillet; cook on low heat 3 min. or until cheese is melted, turning after 2 min.
- Serve topped with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:5.14, Inflammation Score:-6, Nutrition Score:12.89956504884%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 332.06kcal (16.6%), Fat: 16.82g (25.88%), Saturated Fat: 7.67g (47.96%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 21.37g (7.77%), Sugar: 0.69g (0.76%), Cholesterol: 34.25mg (11.42%), Sodium: 663.58mg (28.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.79%), Fiber: 9.09g (36.35%), Phosphorus: 351mg (35.1%), Calcium: 285.87mg (28.59%), Folate: 73.89µg (18.47%), Manganese: 0.35mg (17.4%), Magnesium: 65.63mg (16.41%), Vitamin B2: 0.27mg (15.97%), Iron: 2.63mg (14.62%), Copper: 0.26mg (13.25%), Zinc: 1.95mg (13.03%), Potassium: 441.68mg (12.62%), Vitamin K: 13.18µg (12.56%), Vitamin B1: 0.18mg (12.16%), Selenium: 7.91µg (11.3%), Vitamin A: 421.6IU (8.43%), Vitamin B6: 0.15mg (7.48%), Vitamin B3: 1.14mg (5.68%), Vitamin C: 4.17mg (5.06%), Vitamin B12: 0.28µg (4.7%), Vitamin B5: 0.31mg (3.14%), Vitamin E: 0.44mg (2.96%), Vitamin D: 0.21µg (1.41%)