



Black Bean Quesadillas with Corn Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 1.5 teaspoons bottled garlic minced
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 1 cup whole-kernel corn frozen
- ☐ 4 8-inch flour tortillas ()
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil

- ☐ 2 cups plum tomatoes chopped
- ☐ 1 bell pepper red chopped
- ☐ 3 ounces preshredded mexican blend cheese

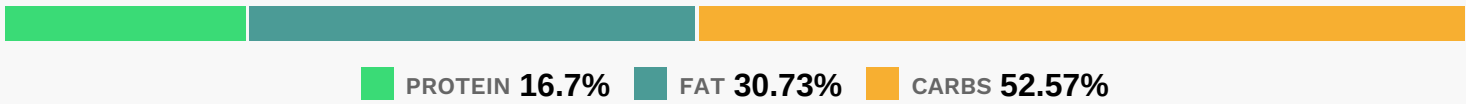
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ broiler

Directions

- ☐ To prepare the quesadillas, preheat the broiler.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add garlic; saut 30 seconds.
- ☐ Add tomatoes, 1/2 cup cilantro, and beans; cook 5 minutes or until liquid evaporates, stirring occasionally.
- ☐ Place tortillas on a baking sheet coated with cooking spray. Top each tortilla with 1/2 cup bean mixture and 3 tablespoons cheese; fold in half. Lightly coat tops with cooking spray. Broil 3 minutes or until cheese melts and tortillas begin to brown.
- ☐ Cut each tortilla into 3 wedges.
- ☐ To prepare salsa, combine corn and remaining ingredients in a small saucepan. Bring to a boil over high heat, and cook for 2 minutes, stirring frequently.
- ☐ Serve with quesadillas.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:9.78, Inflammation Score:-9, Nutrition Score:25.166521753954%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 422.42kcal (21.12%), Fat: 14.8g (22.76%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 56.96g (18.99%), Net Carbohydrates: 44.84g (16.31%), Sugar: 8.5g (9.45%), Cholesterol: 20.2mg (6.73%), Sodium: 1005.37mg (43.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.19%), Vitamin C: 61.38mg (74.4%), Fiber: 12.12g (48.49%), Vitamin A: 2218.62IU (44.37%), Folate: 164.22µg (41.05%), Manganese: 0.77mg (38.55%), Phosphorus: 373.82mg (37.38%), Vitamin B1: 0.49mg (32.9%), Calcium: 273.88mg (27.39%), Iron: 4.66mg (25.88%), Vitamin B2: 0.43mg (25.32%), Potassium: 835.76mg (23.88%), Selenium: 16.6µg (23.72%), Vitamin K: 23.4µg (22.29%), Vitamin B3: 4.39mg (21.96%), Magnesium: 77.4mg (19.35%), Copper: 0.36mg (18.24%), Vitamin B6: 0.33mg (16.74%), Zinc: 1.94mg (12.91%), Vitamin E: 1.77mg (11.81%), Vitamin B5: 0.71mg (7.13%), Vitamin B12: 0.26µg (4.36%)