



Black-Bean Quesadillas with Goat Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 19 ounce black beans undrained canned
- ☐ 8 8-inch flour tortillas
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 4 ounce goat cheese crumbled
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 teaspoons olive oil divided
- ☐ 1 cup onion chopped

- ☐ 0.5 cup salsa
- ☐ 0.5 cup cup heavy whipping cream fat-free sour

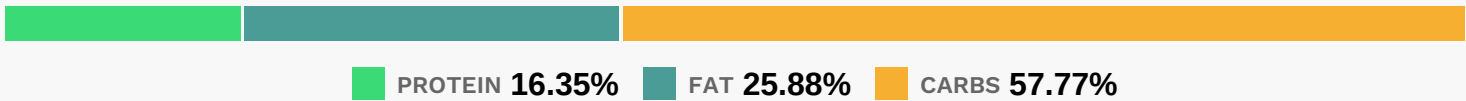
Equipment

- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Heat 1 teaspoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the onion and garlic, and saute for 3 minutes. Stir in 1/2 cup salsa, cumin, and beans, and bring to a boil. Reduce heat, and simmer for 5 minutes or until thick. Mash the bean mixture slightly with a potato masher.
- ☐ Remove from heat; stir in the cilantro and goat cheese.
- ☐ Spread the bean mixture evenly over 4 tortillas; top each with 1 tortilla, pressing gently.
- ☐ Heat 1/4 teaspoon olive oil in pan over medium-high heat.
- ☐ Add 1 quesadilla, and cook for 2 minutes on each side. Repeat the procedure with the remaining olive oil and quesadillas.
- ☐ Cut each quesadilla into 6 wedges.
- ☐ Serve with fat-free sour cream and 1/2 cup salsa.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:8.44, Inflammation Score:-6, Nutrition Score:12.681739008945%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 288.45kcal (14.42%), Fat: 8.33g (12.82%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 41.85g (13.95%), Net Carbohydrates: 34.75g (12.63%), Sugar: 3.56g (3.95%), Cholesterol: 7.81mg (2.6%), Sodium: 814.3mg (35.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.68%), Fiber: 7.1g (28.42%), Vitamin B1: 0.38mg (25.58%), Folate: 97.19µg (24.3%), Manganese: 0.48mg (24.23%), Phosphorus: 240.5mg (24.05%), Iron: 3.58mg (19.9%), Selenium: 13.77µg (19.67%), Vitamin B2: 0.31mg (18.4%), Copper: 0.31mg (15.55%), Vitamin B3: 2.96mg (14.82%), Calcium: 147.38mg (14.74%), Magnesium: 43.52mg (10.88%), Potassium: 372.09mg (10.63%), Vitamin B6: 0.17mg (8.43%), Vitamin K: 7.37µg (7.02%), Vitamin A: 310.02IU (6.2%), Zinc: 0.92mg (6.12%), Vitamin C: 4.03mg (4.88%), Vitamin B5: 0.37mg (3.7%), Vitamin E: 0.39mg (2.61%), Vitamin B12: 0.07µg (1.17%)