



## Black Bean, Spinach, and Cheese Quesadillas

 Vegetarian

READY IN



18 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup black beans canned
- 4 8-inch flour tortillas low-fat ()
- 1 cup onion chopped
- 4 ounces pre-shredded cheddar cheese reduced-fat
- 3 cups torn spinach

### Equipment

- frying pan
- paper towels

## Directions

- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add onion; saut 4 minutes.
- Add spinach; saut 1 minute or until spinach is wilted.
- Remove from pan. Wipe pan with a paper towel.
- Coat pan with cooking spray; place over medium heat until hot.
- Place one tortilla in pan. Cook 1 minute or until bottom of tortilla is golden.
- Sprinkle one-fourth each of spinach mixture, beans, and cheese over one side of tortilla. Fold tortilla in half. Cook tortilla 1 minute on each side or until golden and cheese melts. Repeat procedure with remaining tortillas, spinach mixture, beans, and cheese.

## Nutrition Facts

**PROTEIN 17.33%** **FAT 37.66%** **CARBS 45.01%**

## Properties

Glycemic Index:30, Glycemic Load:9.07, Inflammation Score:-9, Nutrition Score:21.160434717717%

## Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

## Nutrients (% of daily need)

Calories: 332.03kcal (16.6%), Fat: 13.97g (21.49%), Saturated Fat: 7g (43.72%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 31.63g (11.5%), Sugar: 3.78g (4.2%), Cholesterol: 28.35mg (9.45%), Sodium: 745.26mg (32.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.46g (28.93%), Vitamin K: 113.19µg (107.8%), Vitamin A: 2396.41IU (47.93%), Folate: 131.37µg (32.84%), Calcium: 321.42mg (32.14%), Manganese: 0.61mg (30.42%), Phosphorus: 303.97mg (30.4%), Selenium: 20.38µg (29.11%), Vitamin B1: 0.36mg (24.06%), Fiber: 5.93g (23.71%), Vitamin B2: 0.37mg (21.99%), Iron: 3.41mg (18.93%), Magnesium: 55.7mg (13.92%), Vitamin B3: 2.74mg (13.72%), Vitamin C: 10.44mg (12.66%), Zinc: 1.73mg (11.53%), Potassium: 401.97mg (11.48%), Copper: 0.19mg (9.49%), Vitamin B6: 0.17mg (8.26%), Vitamin B12: 0.3µg (5.01%), Vitamin E: 0.68mg (4.52%), Vitamin B5: 0.34mg (3.44%), Vitamin D: 0.17µg (1.13%)