



WHATSheATE



Black Bean & Zucchini Quesadillas



Vegetarian



Gluten Free

READY IN



7 min.

SERVINGS



1

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup black beans canned rinsed drained
- ☐ 4 6-inch corn tortillas ()
- ☐ 2 tablespoons salsa
- ☐ 4 tablespoons cheddar cheese shredded
- ☐ 0.5 cup zucchini finely chopped

Equipment

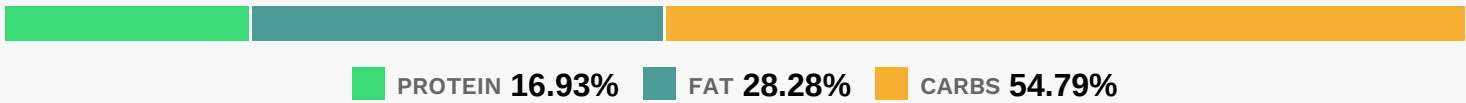
- ☐ bowl
- ☐ oven

- ☐ broiler
- ☐ toaster

Directions

- ☐ Combine beans and salsa in a small bowl; mash with a fork. Stir in zucchini.
- ☐ Layer 1 tortilla with half the bean mixture, sprinkle with 2 tablespoons cheese, and top with another tortilla. Repeat with remaining tortillas, bean mixture, and cheese. In broiler or toaster oven, cook quesadillas 1 minute on each side until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:92.5, Glycemic Load:20.54, Inflammation Score:-7, Nutrition Score:20.772173772687%

Flavonoids

Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 463.52kcal (23.18%), Fat: 15.03g (23.13%), Saturated Fat: 7.12g (44.52%), Carbohydrates: 65.54g (21.85%), Net Carbohydrates: 51.86g (18.86%), Sugar: 3.8g (4.22%), Cholesterol: 34mg (11.33%), Sodium: 814.28mg (35.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.25g (40.49%), Phosphorus: 608.96mg (60.9%), Fiber: 13.68g (54.73%), Calcium: 373.6mg (37.36%), Manganese: 0.69mg (34.44%), Magnesium: 130.12mg (32.53%), Selenium: 17.5µg (24.99%), Vitamin B2: 0.39mg (22.9%), Vitamin B6: 0.46mg (22.8%), Zinc: 3.34mg (22.25%), Potassium: 728.88mg (20.83%), Folate: 80.96µg (20.24%), Copper: 0.39mg (19.51%), Iron: 3.33mg (18.51%), Vitamin B1: 0.27mg (17.81%), Vitamin C: 14.03mg (17%), Vitamin B3: 2.75mg (13.74%), Vitamin A: 623.8IU (12.48%), Vitamin E: 1.01mg (6.74%), Vitamin B5: 0.6mg (6.03%), Vitamin B12: 0.36µg (6.01%), Vitamin K: 4.83µg (4.6%), Vitamin D: 0.2µg (1.36%)