



Black Eyed Pea Salsa with Cheese Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



486 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3.3 cups pea-mond dressing rinsed cooked drained (2 15.5-ounce cans, ,)
- 0.5 cups pepper flakes green cooked seeded chopped to taste (2 large poblanos or 3 Anaheims, roasted, , and)
- 6 spring onion thinly sliced
- 1 cup cilantro leaves chopped
- 2 tablespoons olive oil extra virgin
- 2 tablespoons red wine vinegar
- 1 teaspoon oregano dried crumbled
- 1 pinch ground cumin

- 0.5 teaspoon salt
- 6 servings pepper black freshly ground
- 12 flour tortilla
- 8 ounces monterrey jack cheese grated sliced

Equipment

- bowl
- frying pan
- spatula

Directions

- If you haven't already done so, prep your ingredients. Char and peel your chiles and/or red bell peppers if using fresh not jarred or canned. Cook your black-eyed peas if not using canned.
- Place the drained cooked black eyed peas in a large bowl.
- Add the chiles, red bell peppers, and most of the chopped onions and cilantro (reserving some for garnish).
- Drizzle with olive oil and red wine vinegar.
- Sprinkle with crumbled, dried oregano, cumin, salt, and pepper.
- Toss and let marinate while you prepare the quesadillas.
- Make the quesadillas:
- Heat a large cast iron pan on medium high heat. If you are using something other than a well-seasoned cast iron pan, add a small amount of oil or butter to lightly coat the bottom of the pan.
- Add a flour tortilla to the pan.
- Let it heat up on one side for half a minute.
- Flip it over and place a light layer of cheese over the tortilla. If you are using grated cheese, you can just sprinkle it all over. If using sliced cheese, lay the slices down on only one side of the tortilla.
- When tortilla begins to form air pockets or the cheese begins to melt, use a spatula to lift up one edge of the tortilla and turn it over to the other edge, as if you were making an omelette.

- Let cook until lightly browned, and then flip the whole quesadilla over to the other side and let cook until lightly browned on that side.
- Remove from the pan and prepare the other quesadillas in the same manner.
- Cut the quesadillas into pie-shaped wedges and serve with the black-eyed pea salsa.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:15.5, Inflammation Score:-9, Nutrition Score:24.056086985961%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 485.52kcal (24.28%), Fat: 21.52g (33.11%), Saturated Fat: 9.76g (61%), Carbohydrates: 51.63g (17.21%), Net Carbohydrates: 42.73g (15.54%), Sugar: 6.47g (7.19%), Cholesterol: 33.64mg (11.21%), Sodium: 870.81mg (37.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.88%), Folate: 270.01µg (67.5%), Phosphorus: 449mg (44.9%), Vitamin K: 46.75µg (44.53%), Manganese: 0.83mg (41.49%), Calcium: 410.51mg (41.05%), Fiber: 8.9g (35.59%), Vitamin B1: 0.51mg (34.26%), Selenium: 21.37µg (30.53%), Iron: 5.34mg (29.64%), Vitamin C: 21.35mg (25.87%), Vitamin B2: 0.39mg (23.21%), Magnesium: 80.09mg (20.02%), Zinc: 2.76mg (18.4%), Copper: 0.36mg (18.03%), Vitamin B3: 3.41mg (17.07%), Vitamin A: 729.67IU (14.59%), Potassium: 459.75mg (13.14%), Vitamin B6: 0.24mg (11.84%), Vitamin E: 1.31mg (8.75%), Vitamin B5: 0.61mg (6.14%), Vitamin B12: 0.31µg (5.23%), Vitamin D: 0.23µg (1.51%)