



Caramelized Corn and Black Bean Quesadillas with Roast Zucchini Salsa



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup caramelized corn and black beans
- ☐ 1 serving roasted poblano crema to taste
- ☐ 0.5 cup cheese such as cheddar and/or jack shredded
- ☐ 2 tablespoons roasted zucchini salsa
- ☐ 1 10-inch tortillas ()

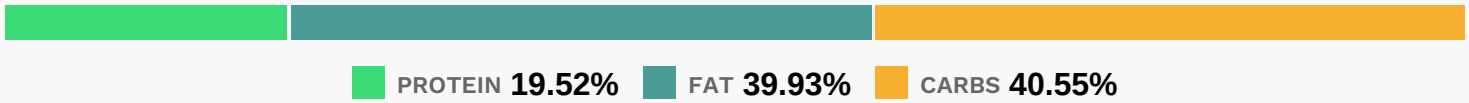
Equipment

- ☐ frying pan

Directions

- ☐
- Place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, top with the caramelized corn and black beans, roasted zucchini salsa and the remaining cheese.Fold the tortilla in half covering the filling and cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2–4 minutes per side.
- ☐
- Serve the quesadillas with more roasted zucchini salsa and roasted poblano crema for dipping.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:14.9, Inflammation Score:-8, Nutrition Score:22.447391281957%

Nutrients (% of daily need)

Calories: 574.45kcal (28.72%), Fat: 25.58g (39.36%), Saturated Fat: 12.96g (81.01%), Carbohydrates: 58.45g (19.48%), Net Carbohydrates: 47.94g (17.43%), Sugar: 4.57g (5.08%), Cholesterol: 58.24mg (19.41%), Sodium: 1126.93mg (49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.13g (56.26%), Calcium: 579.87mg (57.99%), Phosphorus: 525.7mg (52.57%), Folate: 205.39µg (51.35%), Fiber: 10.51g (42.03%), Vitamin B1: 0.58mg (38.77%), Manganese: 0.77mg (38.5%), Selenium: 25.12µg (35.89%), Vitamin B2: 0.48mg (28.16%), Iron: 4.89mg (27.16%), Magnesium: 95.65mg (23.91%), Zinc: 3.09mg (20.62%), Vitamin B3: 3.94mg (19.7%), Potassium: 521.13mg (14.89%), Copper: 0.29mg (14.57%), Vitamin A: 660.74IU (13.21%), Vitamin B6: 0.2mg (10.08%), Vitamin B12: 0.47µg (7.82%), Vitamin K: 7.8µg (7.43%), Vitamin B5: 0.51mg (5.06%), Vitamin E: 0.54mg (3.58%), Vitamin D: 0.34µg (2.26%)