



Cheddar-Jalapeño Quesadilla Salad with Cilantro-Lime Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce black beans canned
- 8 6-inch corn tortillas ()
- 2 tablespoons cilantro leaves fresh minced
- 6 cups lettuce chopped
- 3 tablespoons jalapeno chopped
- 0.3 cup optional: lemon
- 1 tablespoon juice of lime

- 0.3 cup cream sour low-fat
- 0.5 cup onion chopped
- 1 cup salsa
- 4 ounces sharp cheddar cheese shredded reduced-fat
- 2 cups tomatoes chopped

Equipment

- bowl
- frying pan
- whisk
- sieve

Directions

- To prepare vinaigrette, combine first 3 ingredients; stir with a whisk. Set aside.
- To prepare the quesadillas, drain beans through a sieve over a bowl, reserving 1 tablespoon bean liquid; discard remaining liquid.
- Combine 1/2 cup beans and 1 tablespoon reserved bean liquid in a small bowl; mash with a fork. Reserve remaining beans.
- Spread bean mixture evenly over 4 tortillas.
- Sprinkle each with 1/4 cup cheese and about 1 tablespoon jalapeo; top with remaining tortillas.
- Heat a large nonstick skillet coated with cooking spray over medium heat. Cook quesadillas for 4 minutes on each side or until golden brown.
- Remove the quesadillas from the pan, and cut each into 4 wedges.
- Combine vinaigrette with lettuce, and toss well. Arrange 1 1/2 cups lettuce mixture on each of 4 plates. For each serving, spoon 3 tablespoons reserved beans over lettuce mixture, and place 1/2 cup tomato over the beans. Top each serving with 1/4 cup salsa, 2 tablespoons chopped onion, and 1 tablespoon sour cream.
- Serve each with 4 quesadilla wedges.

Nutrition Facts



■ PROTEIN 18.25% ■ FAT 28.34% ■ CARBS 53.41%

Properties

Glycemic Index:66, Glycemic Load:12.38, Inflammation Score:-9, Nutrition Score:25.773043616958%

Flavonoids

Eriodictyol: 2.91mg, Eriodictyol: 2.91mg, Eriodictyol: 2.91mg, Eriodictyol: 2.91mg Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg, Hesperetin: 4.03mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

Nutrients (% of daily need)

Calories: 408.79kcal (20.44%), Fat: 13.48g (20.74%), Saturated Fat: 6.79g (42.41%), Carbohydrates: 57.15g (19.05%), Net Carbohydrates: 42.14g (15.32%), Sugar: 8.85g (9.84%), Cholesterol: 33.38mg (11.13%), Sodium: 1071.46mg (46.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.53g (39.07%), Fiber: 15.02g (60.07%), Vitamin C: 40.49mg (49.08%), Phosphorus: 489.89mg (48.99%), Vitamin A: 1951.21IU (39.02%), Manganese: 0.76mg (37.78%), Vitamin K: 38.2µg (36.38%), Calcium: 355.17mg (35.52%), Folate: 128.87µg (32.22%), Potassium: 1053.82mg (30.11%), Magnesium: 114.35mg (28.59%), Vitamin B6: 0.5mg (24.88%), Vitamin B2: 0.38mg (22.49%), Vitamin B1: 0.33mg (21.76%), Copper: 0.43mg (21.42%), Iron: 3.79mg (21.05%), Selenium: 13.92µg (19.88%), Zinc: 2.85mg (18.99%), Vitamin E: 2.23mg (14.87%), Vitamin B3: 2.96mg (14.78%), Vitamin B5: 0.76mg (7.56%), Vitamin B12: 0.36µg (6.01%), Vitamin D: 0.2µg (1.33%)