



## Cheesy Bacon-Bean Quesadillas

READY IN



20 min.

SERVINGS



8

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 servings butter melted
- 0.5 pound bacon crumbled cooked
- 11 ounce flour tortillas for burritos, old el paso®
- 1 cup refried beans old el paso®
- 1 cup n chunky salsa thick old el paso®
- 2 scallions chopped
- 2 cups mexican cheese blend shredded
- 1 cup cup heavy whipping cream sour

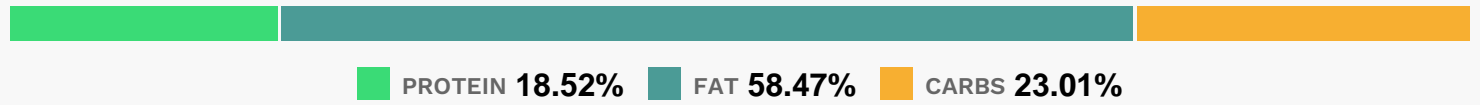
## Equipment

- frying pan
- spatula

## Directions

- Top half of each tortilla with beans, cheese, bacon and scallions. Fold tortilla over filling; press down with back of pancake turner. Lightly brush melted butter on both sides of each filled tortilla.
- Heat 12-inch nonstick skillet over medium heat. Cook 2 filled tortillas at a time 3 to 4 minutes, turning once, until golden brown and heated through.
- Cut into wedges.
- Serve with sour cream and salsa.

## Nutrition Facts



## Properties

Glycemic Index:19.38, Glycemic Load:6.91, Inflammation Score:-6, Nutrition Score:14.287826206373%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 475.46kcal (23.77%), Fat: 30.75g (47.3%), Saturated Fat: 14.78g (92.39%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 23.93g (8.7%), Sugar: 4.83g (5.37%), Cholesterol: 82.38mg (27.46%), Sodium: 1360.37mg (59.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.81%), Selenium: 28.69µg (40.99%), Phosphorus: 347.5mg (34.75%), Calcium: 295.95mg (29.59%), Vitamin B3: 5.14mg (25.7%), Vitamin B1: 0.38mg (25.35%), Vitamin B2: 0.33mg (19.27%), Vitamin A: 709.88IU (14.2%), Zinc: 2.09mg (13.95%), Fiber: 3.29g (13.15%), Vitamin B6: 0.26mg (13.14%), Iron: 2.32mg (12.9%), Manganese: 0.25mg (12.48%), Vitamin B12: 0.72µg (12.04%), Folate: 45.38µg (11.34%), Vitamin K: 11.86µg (11.3%), Potassium: 343.26mg (9.81%), Magnesium: 32.81mg (8.2%), Vitamin B5: 0.62mg (6.2%), Vitamin E: 0.83mg (5.52%), Copper: 0.11mg (5.3%), Vitamin C: 1.44mg (1.75%), Vitamin D: 0.25µg (1.69%)