



## Cheesy Bacon-Bean Quesadillas

READY IN



20 min.

SERVINGS



8

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 11 oz flour tortilla for burritos (8 count)
- 16 oz refried beans traditional canned
- 8 oz cheddar cheese shredded
- 0.5 lb bacon crumbled cooked
- 2 spring onion chopped
- 1 serving butter melted
- 1 cup cream sour
- 1 cup salsa thick

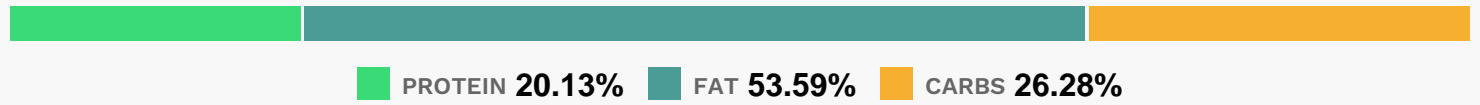
# Equipment

- 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:7.6, Inflammation Score:-6, Nutrition Score:14.466956459958%

# 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: 463.23kcal (23.16%), Fat: 27.3g (41.99%), Saturated Fat: 12.59g (78.7%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 25.71g (9.35%), Sugar: 5.5g (6.11%), Cholesterol: 73.3mg (24.43%), Sodium: 1487.88mg (64.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.13%), Selenium: 28.7µg (41%), Phosphorus: 347.98mg (34.8%), Calcium: 306.01mg (30.6%), Vitamin B3: 5.14mg (25.69%), Vitamin B1: 0.38mg (25.34%), Vitamin B2: 0.33mg (19.24%), Fiber: 4.41g (17.63%), Iron: 2.56mg (14.24%), Zinc: 2.1mg (14%), Vitamin B6: 0.26mg (13.14%), Vitamin A: 625.01IU (12.5%), Manganese: 0.25mg (12.49%), Vitamin B12: 0.72µg (11.99%), Folate: 45.29µg (11.32%), Vitamin K: 11.57µg (11.01%), Potassium: 342.5mg (9.79%), Magnesium: 32.81mg (8.2%), Vitamin B5: 0.62mg (6.16%), Copper: 0.11mg (5.31%), Vitamin E: 0.73mg (4.84%), Vitamin C: 1.44mg (1.75%), Vitamin D: 0.26µg (1.7%)