



Cheesy Bacon-Bean Quesadillas

READY IN



20 min.

SERVINGS



8

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

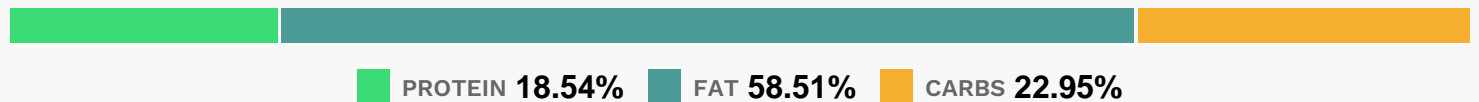
Equipment

- 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:14.32434792104%

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: 476.71kcal (23.84%), Fat: 30.84g (47.45%), Saturated Fat: 14.84g (92.76%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 23.94g (8.71%), Sugar: 4.84g (5.37%), Cholesterol: 82.71mg (27.57%), Sodium: 1362.49mg (59.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.99g (43.97%), Selenium: 28.74µg (41.06%), Phosphorus: 349.03mg (34.9%), Calcium: 298.25mg (29.83%), Vitamin B3: 5.14mg (25.7%), Vitamin B1: 0.38mg (25.36%), Vitamin B2: 0.33mg (19.33%), Vitamin A: 712.19IU (14.24%), Zinc: 2.1mg (14.02%), Vitamin B6: 0.26mg (13.15%), Fiber: 3.29g (13.15%), Iron: 2.32mg (12.91%), Manganese: 0.25mg (12.49%), Vitamin B12: 0.73µg (12.11%), Folate: 45.42µg (11.36%), Vitamin K: 11.87µg (11.31%), Potassium: 343.55mg (9.82%), Magnesium: 32.9mg (8.23%), Vitamin B5: 0.62mg (6.21%), Vitamin E: 0.83mg (5.52%), Copper: 0.11mg (5.31%), Vitamin C: 1.44mg (1.75%), Vitamin D: 0.26µg (1.7%)