



WHATSheATE



Cheesy bean & chipotle quesadillas

READY IN



17 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 800 g bean salad mixed canned
- ☐ 3 tbsp chipotle sauce
- ☐ 1 small pack coriander chopped
- ☐ 140 g leicester cheese red grated
- ☐ 8 pack flour tortillas

Equipment

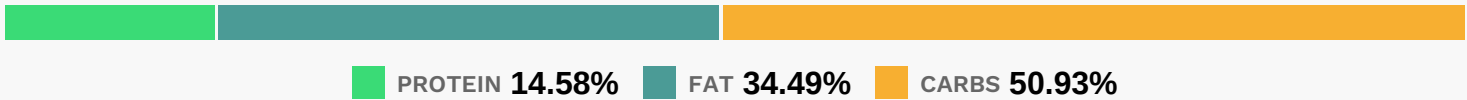
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Drain the beans, reserving 2 tbsp of the can water. Tip into a bowl with the reserved water, chipotle sauce, coriander and half the cheese. Mash everything well with a fork or potato masher.
- ☐ Lay out 4 tortillas, then spread each with of the cheesy beans. Top with the remaining cheese, then top with another tortilla and use your hands to press them together.
- ☐ Heat a griddle on a medium-high heat. Microwave each quesadilla for 45 secs to start the cheese melting, then griddle for 1-2 mins on each side, until the quesadillas are golden and charred. Repeat with the rest, keeping warm in a low oven.
- ☐ Cut them into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:10.54, Inflammation Score:-6, Nutrition Score:17.253913236701%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 429.53kcal (21.48%), Fat: 16.58g (25.51%), Saturated Fat: 9.34g (58.36%), Carbohydrates: 55.09g (18.36%), Net Carbohydrates: 40.01g (14.55%), Sugar: 10.46g (11.62%), Cholesterol: 36.05mg (12.02%), Sodium: 634.36mg (27.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.77g (31.55%), Fiber: 15.08g (60.32%), Vitamin C: 40.53mg (49.13%), Calcium: 336.98mg (33.7%), Phosphorus: 322.24mg (32.22%), Selenium: 19.86µg (28.37%), Vitamin B1: 0.34mg (22.81%), Folate: 87.01µg (21.75%), Manganese: 0.42mg (20.93%), Vitamin B2: 0.33mg (19.59%), Iron: 3.46mg (19.2%), Vitamin B3: 3.09mg (15.46%), Potassium: 410.86mg (11.74%), Magnesium: 44.68mg (11.17%), Zinc: 1.62mg (10.8%), Copper: 0.16mg (7.98%), Vitamin B6: 0.16mg (7.76%), Vitamin E: 0.93mg (6.22%), Vitamin K: 6.47µg (6.16%), Vitamin B12: 0.28µg (4.67%), Vitamin B5: 0.37mg (3.71%), Vitamin A: 157.29IU (3.15%)