



Cheesy Corn-and-Black-Bean Quesadillas

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 oz black beans rinsed drained canned
- ☐ 1 tablespoon canola oil
- ☐ 1.5 cups corn kernels frozen thawed
- ☐ 8 8-inch flour tortilla
- ☐ 2 cloves garlic minced
- ☐ 1 jalapeno seeded finely chopped
- ☐ 1 small onion chopped
- ☐ 6 ounces pepper jack cheese shredded

☐ 8 servings salt and pepper

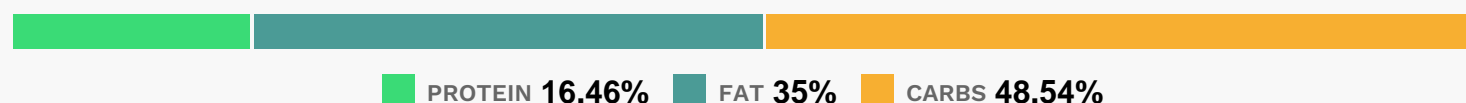
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ potato masher

Directions

- ☐ In a bowl, coarsely mash beans with a potato masher. Warm a large skillet over medium-high heat; add corn and cook for 3 to 4 minutes, stirring occasionally, until corn begins to brown.
- ☐ Add corn to bowl with beans.
- ☐ In same skillet, warm oil.
- ☐ Add onion and jalapeo and saut for 2 minutes.
- ☐ Add garlic and saut 1 minute longer. Stir mixture into bowl with beans and corn.
- ☐ Let mixture cool to room temperature, about 10 minutes.
- ☐ When cool, stir in cheese and season with salt and pepper. Preheat oven to 200F.
- ☐ Spread a tortilla out on a work surface and spread a 1/2-cup portion of bean mixture over half. Fold tortilla in half. Repeat with remaining tortillas and bean mixture. Warm a large skillet over medium-high heat. Cook as many tortillas as fit in skillet, 3 minutes, then flip quesadillas and cook until golden brown and crispy and cheese is melting, 2 to 3 minutes longer.
- ☐ Place quesadillas on a baking sheet and keep warm in oven while you cook remaining quesadillas.
- ☐ Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:8.27, Inflammation Score:-5, Nutrition Score:12.697391421899%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 326.55kcal (16.33%), Fat: 12.82g (19.72%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 40.01g (13.34%), Net Carbohydrates: 33.61g (12.22%), Sugar: 3.81g (4.24%), Cholesterol: 18.92mg (6.31%), Sodium: 971.21mg (42.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.13%), Phosphorus: 277.07mg (27.71%), Calcium: 256.92mg (25.69%), Fiber: 6.4g (25.61%), Folate: 98.81µg (24.7%), Vitamin B1: 0.35mg (23.61%), Manganese: 0.44mg (22.17%), Selenium: 15.51µg (22.16%), Vitamin B2: 0.32mg (19.08%), Iron: 3.17mg (17.6%), Vitamin B3: 2.96mg (14.8%), Magnesium: 41.51mg (10.38%), Copper: 0.18mg (9.1%), Potassium: 310.9mg (8.88%), Zinc: 1.33mg (8.86%), Vitamin C: 4.93mg (5.98%), Vitamin B6: 0.12mg (5.78%), Vitamin K: 5.82µg (5.55%), Vitamin A: 198.65IU (3.97%), Vitamin B5: 0.36mg (3.59%), Vitamin E: 0.45mg (3.03%), Vitamin B12: 0.18µg (2.94%)