



## Corned Beef Quesadillas

READY IN



15 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter melted
- 1 cup corned beef ribs leftover chopped
- 4 8-inch flour tortilla for burritos (; from 11-oz package
- 0.5 cup sauerkraut
- 8 oz swiss cheese
- 4 servings thousand island dressing

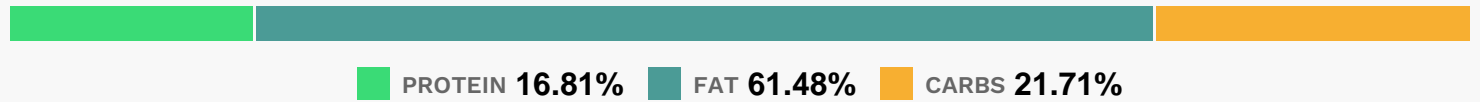
### Equipment

- frying pan

## Directions

- Heat nonstick griddle or large skillet over medium heat.
- Brush 1 side of each tortilla with melted butter; place tortillas, buttered side down, on griddle.
- Top each tortilla with 1 cheese slice, 1/4 cup corned beef, 2 tablespoons sauerkraut and another cheese slice. Fold tortilla in half over filling. Cook 3 to 5 minutes, turning once, until golden brown and cheese is melted.
- Cut each quesadilla into 4 wedges.
- Serve with Thousand Island dressing.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:8.26, Inflammation Score:-6, Nutrition Score:20.028695707736%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 576.99kcal (28.85%), Fat: 39.25g (60.39%), Saturated Fat: 16.48g (102.98%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 28.65g (10.42%), Sugar: 6.77g (7.52%), Cholesterol: 83.31mg (27.77%), Sodium: 1252.49mg (54.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.16g (48.31%), Calcium: 592.32mg (59.23%), Selenium: 34.4µg (49.14%), Phosphorus: 476.05mg (47.61%), Vitamin B1: 0.71mg (47.39%), Vitamin B12: 2.22µg (37.02%), Vitamin K: 27.75µg (26.43%), Zinc: 3.67mg (24.45%), Vitamin B2: 0.38mg (22.5%), Vitamin B3: 3.47mg (17.37%), Iron: 3.02mg (16.77%), Manganese: 0.3mg (14.96%), Folate: 58.82µg (14.71%), Vitamin A: 624.56IU (12.49%), Vitamin C: 10.24mg (12.41%), Vitamin E: 1.65mg (10.97%), Fiber: 2.54g (10.16%), Magnesium: 38.66mg (9.67%), Vitamin B6: 0.17mg (8.74%), Potassium: 251.02mg (7.17%), Copper: 0.13mg (6.39%), Vitamin B5: 0.51mg (5.08%)