



## Coyote Quesadilla

READY IN



70 min.

SERVINGS



4

CALORIES



834 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 2 tablespoons carrots diced peeled finely
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 tablespoons chipotle peppers
- ☐ 1 tablespoon cilantro leaves finely chopped
- ☐ 15 ounce corn kernels low-sodium drained canned
- ☐ 3 large flour tortillas
- ☐ 1 tablespoon sea salt
- ☐ 2 teaspoons granulated onion

- ☐ 2 tablespoons green onion chopped
- ☐ 2 tablespoons green onion finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons ground cumin
- ☐ 1 tablespoon juice of lime freshly squeezed
- ☐ 1 teaspoon lime zest grated
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon freshly cracked pepper black
- ☐ 1 tablespoon freshly crack pepper black
- ☐ 0.8 cup pepper jack cheese shredded
- ☐ 1 cup ranch dressing store-bought
- ☐ 2 tablespoons bell pepper diced red finely
- ☐ 2 tablespoons onion diced red finely
- ☐ 6 ounces refried beans canned
- ☐ 1 roma tomato diced
- ☐ 1 small roma tomato seeded
- ☐ 0.5 tablespoon salt
- ☐ 0.5 teaspoon sea salt
- ☐ 0.8 cup mozzarella cheese shredded
- ☐ 6 ounce chicken breast boneless skinless
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 tablespoon vegetable oil

## Equipment

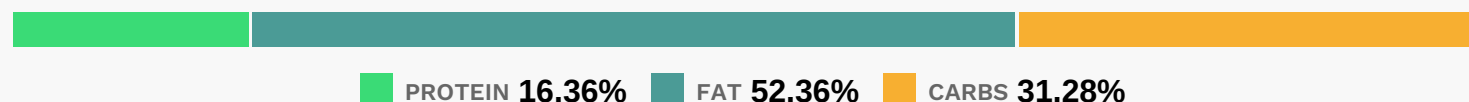
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

- ☐ pot
- ☐ blender
- ☐ cutting board

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Rinse and pat dry the chicken breast, trim off any excess fat, and rub with 1 tablespoon of the Blackening Spice.
- ☐ Heat the oil in a cast iron skillet over high heat, add the chicken and cook until brown and cooked through, about 6 minutes on each side.
- ☐ Remove to a cutting board, cool slightly and slice. Cover to keep warm.
- ☐ Heat the beans in a small pot over low heat until heated through and keep warm. Prepare the remaining ingredients and have them ready for assembly.
- ☐ Heat a griddle or cast iron pan to high and toast the tortillas on both sides until crisp (if you try to fold them, they will crack).
- ☐ Lay out 1 tortilla on a cookie sheet and evenly spread it with half of the beans, 1/3 of the cheeses, 1/2 of the blackened chicken, 1 tablespoon of the green onions, and cover with a second tortilla. Repeat this layering order with the remaining ingredients. Finish with the third tortilla and garnish with the remaining cheese, cilantro and diced tomatoes.
- ☐ Bake for 5 minutes.
- ☐ Remove from the oven and portion with a slicing knife into 4 wedges.
- ☐ Serve with the Black Bean Salsa and Chipotle Ranch Dressing.
- ☐ Combine all of the ingredients in a small bowl. Store in an airtight container.
- ☐ Gently mix all of the ingredients in a large container. Cover and refrigerate for 20 minutes.
- ☐ Process all of the ingredients in a blender until smooth.
- ☐ Pour the dressing into a serving bowl, cover and refrigerate for 30 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:140.71, Glycemic Load:5.96, Inflammation Score:-9, Nutrition Score:34.11173889948%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

## Nutrients (% of daily need)

Calories: 833.67kcal (41.68%), Fat: 49.45g (76.08%), Saturated Fat: 14.4g (89.97%), Carbohydrates: 66.47g (22.16%), Net Carbohydrates: 50.15g (18.24%), Sugar: 15.36g (17.06%), Cholesterol: 86.74mg (28.91%), Sodium: 3071.63mg (133.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.76g (69.53%), Vitamin K: 109.81µg (104.58%), Fiber: 16.32g (65.27%), Phosphorus: 629.45mg (62.95%), Vitamin A: 2722.73IU (54.45%), Manganese: 0.91mg (45.43%), Selenium: 30.85µg (44.07%), Calcium: 424.38mg (42.44%), Vitamin B3: 7.78mg (38.89%), Folate: 151.84µg (37.96%), Vitamin B2: 0.59mg (34.67%), Iron: 5.64mg (31.33%), Vitamin B6: 0.61mg (30.59%), Potassium: 980.31mg (28.01%), Vitamin B1: 0.4mg (26.79%), Magnesium: 100.24mg (25.06%), Vitamin C: 19.39mg (23.5%), Zinc: 3.01mg (20.1%), Vitamin B5: 1.96mg (19.56%), Copper: 0.39mg (19.26%), Vitamin E: 2.64mg (17.62%), Vitamin B12: 0.87µg (14.53%), Vitamin D: 0.31µg (2.09%)