



WHATSheATE



Easy Quesadillas

READY IN



45 min.

SERVINGS



8

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 8-inch flour tortillas ()
- ☐ 0.5 cup taco sauce divided
- ☐ 0.8 cup refried beans with sausage
- ☐ 5 ounces mexican cheese blend shredded divided
- ☐ 8 servings cup heavy whipping cream sour

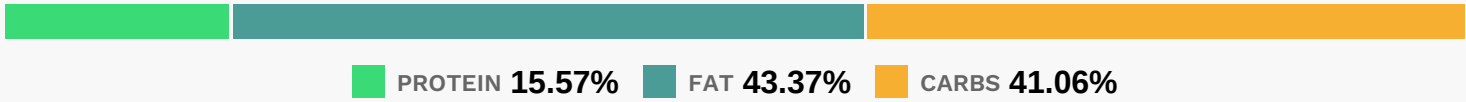
Equipment

- ☐ paper towels
- ☐ microwave

Directions

- ☐ Spread beans evenly over 2 tortillas.
- ☐ Sprinkle evenly with 3/4 cup cheese, and drizzle with 1/4 cup taco sauce. Top with remaining tortillas.
- ☐ Microwave 1 quesadilla, covered with a paper towel, on a microwave-safe plate at HIGH 1 to 1 1/2 minutes. Repeat procedure with remaining quesadilla.
- ☐ Cut each into 8 wedges; serve with remaining 1/4 cup taco sauce, sour cream, and remaining 1/2 cup cheese.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:4.56, Inflammation Score:-2, Nutrition Score:5.2413043120633%

Nutrients (% of daily need)

Calories: 198.34kcal (9.92%), Fat: 9.43g (14.51%), Saturated Fat: 4.97g (31.05%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 18.25g (6.64%), Sugar: 5.55g (6.17%), Cholesterol: 23.91mg (7.97%), Sodium: 605.77mg (26.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Calcium: 173.54mg (17.35%), Phosphorus: 139.26mg (13.93%), Selenium: 8.79µg (12.55%), Vitamin B1: 0.13mg (8.98%), Vitamin B2: 0.15mg (8.73%), Fiber: 1.84g (7.35%), Iron: 1.24mg (6.89%), Folate: 26.99µg (6.75%), Manganese: 0.13mg (6.56%), Vitamin B3: 1.16mg (5.79%), Zinc: 0.71mg (4.72%), Vitamin A: 210.2IU (4.2%), Vitamin B12: 0.24µg (4.05%), Magnesium: 11.24mg (2.81%), Vitamin K: 2.46µg (2.34%), Potassium: 61.94mg (1.77%), Copper: 0.03mg (1.66%), Vitamin B6: 0.03mg (1.54%), Vitamin B5: 0.13mg (1.26%)