



Escarole Quesadillas

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce black beans rinsed drained canned
- ☐ 1.3 pounds endive
- ☐ 8 10-inch flour tortillas
- ☐ 3 cloves garlic thinly sliced
- ☐ 0.8 teaspoon ground cumin
- ☐ 1 tablespoon hot sauce such as frank's
- ☐ 6 servings kosher salt and ground pepper black finely
- ☐ 1 tablespoon juice of lime fresh

- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 6 servings salsa jarred for serving
- ☐ 4 cups mozzarella cheese shredded
- ☐ 1 medium tomatoes cut in small dice (3/4 cup)

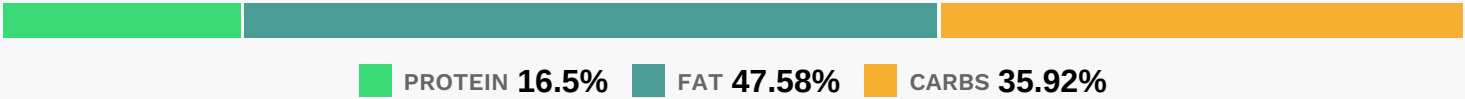
Equipment

- ☐ frying pan
- ☐ tongs

Directions

- ☐ Wash all the escarole and tear 1 pound into bite-size pieces.
- ☐ Heat 1 tablespoon of the oil in a large nonstick skillet over medium heat until hot. Stir in the garlic, 3/4 teaspoon salt and 1/2 teaspoon pepper. Cook, stirring, until the garlic is golden, about 2 minutes. Stir in the torn escarole, a handful at a time, and cook, turning with tongs and adding more escarole as the greens wilt. Cook, stirring occasionally, until the liquid evaporates, about 5 minutes. Stir in the hot sauce.
- ☐ Place 4 tortillas on the work surface.
- ☐ Spread 1/2 cup of the cheese evenly over each tortilla, then divide the escarole among the tortillas, spreading evenly.
- ☐ Sprinkle the escarole with 1/2 cup more cheese per tortilla, spreading evenly. Top with the remaining tortillas.
- ☐ Wipe out the skillet.
- ☐ Heat 1 tablespoon of the oil over medium heat.
- ☐ Place 1 quesadilla in the skillet and cover. Cook until the bottom is golden, 2 to 3 minutes. Flip the tortilla and cook until the other side is golden, 2 to 3 minutes more.
- ☐ Transfer the quesadilla to a work surface and cook the remaining quesadillas in the same manner.
- ☐ Cut the remaining escarole into thin shreds.
- ☐ Add the beans, tomatoes, lime juice, cumin, the remaining 1 tablespoon oil and 1/2 teaspoon each salt and pepper.
- ☐ Cut the quesadillas into wedges and serve with the bean and escarole salad and salsa.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:15.48, Inflammation Score:-10, Nutrition Score:35.859130496564%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 9.57mg, Kaempferol: 9.57mg, Kaempferol: 9.57mg, Kaempferol: 9.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 726.88kcal (36.34%), Fat: 38.7g (59.54%), Saturated Fat: 14.59g (91.21%), Carbohydrates: 65.74g (21.91%), Net Carbohydrates: 54.05g (19.66%), Sugar: 6.32g (7.02%), Cholesterol: 58.99mg (19.66%), Sodium: 1699.13mg (73.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.19g (60.38%), Vitamin K: 238.39µg (227.04%), Folate: 272.32µg (68.08%), Calcium: 602.78mg (60.28%), Vitamin A: 2888.16IU (57.76%), Phosphorus: 573.94mg (57.39%), Manganese: 1.14mg (57.08%), Selenium: 35.08µg (50.11%), Fiber: 11.68g (46.73%), Vitamin B1: 0.68mg (45.66%), Vitamin B2: 0.64mg (37.86%), Iron: 6.24mg (34.66%), Vitamin B12: 1.7µg (28.37%), Vitamin B3: 5.5mg (27.52%), Zinc: 3.91mg (26.08%), Potassium: 823.02mg (23.51%), Vitamin E: 3.09mg (20.62%), Magnesium: 81.62mg (20.4%), Copper: 0.37mg (18.4%), Vitamin C: 14.2mg (17.22%), Vitamin B5: 1.33mg (13.29%), Vitamin B6: 0.23mg (11.75%), Vitamin D: 0.3µg (1.99%)