



 **11%**
HEALTH SCORE

Cheesy Cowboy Quesadillas

 **Gluten Free**

READY IN



10 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 bell pepper diced
- 0.5 bell pepper diced
- 1 tbsp butter
- 1 can black beans
- 1 cup cheese
- 0.5 tsp chili powder
- 0.5 cup regular corn
- 4 oz cream cheese

- 0.5 tsp cumin
- 1 tsp garlic minced
- 0.3 cup onion diced
- 1 tsp salt
- 1 cup chicken shredded
- 4 tortillas white

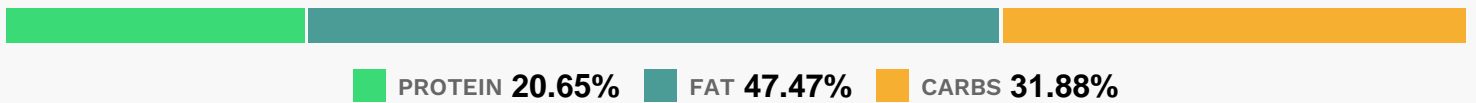
Equipment

- frying pan

Directions

- Toss butter, onions and garlic in a pan and saute for a couple minutes!
- Add chicken, beans, corn, pepper, salt, cumin and chili powder.
- Let it warm through all the way and then add the cream cheese in spoonfuls so that it can get all melty.
- Add in 1 cup of cheese and stir until the mixture gets creamy and cheesy!
- Add about ¼ cup of filling to a tortilla and if you are feeling cheesy, add a little extra cheese. We like it cheesy around here! Fry on each side for a couple of minutes until the tortilla is crispy!

Nutrition Facts



Properties

Glycemic Index:79.88, Glycemic Load:7.93, Inflammation Score:-8, Nutrition Score:22.905652173913%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Taste

Sweetness: 21.45%, Saltiness: 92.53%, Sourness: 30.05%, Bitterness: 19.88%, Savoriness: 46.4%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 520.02kcal (26%), Fat: 27.76g (42.7%), Saturated Fat: 14.64g (91.48%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 32.15g (11.69%), Sugar: 4.86g (5.4%), Cholesterol: 90.77mg (30.26%), Sodium: 1540.88mg (66.99%), Protein: 27.17g (54.34%), Vitamin C: 42.99mg (52.11%), Phosphorus: 433.11mg (43.31%), Selenium: 27.45µg (39.22%), Fiber: 9.8g (39.19%), Vitamin A: 1856.72IU (37.13%), Calcium: 323.29mg (32.33%), Folate: 123.51µg (30.88%), Vitamin B2: 0.5mg (29.31%), Vitamin B3: 5.47mg (27.34%), Manganese: 0.51mg (25.66%), Vitamin B1: 0.38mg (25.24%), Iron: 4.09mg (22.69%), Vitamin B6: 0.4mg (19.86%), Potassium: 638.24mg (18.24%), Magnesium: 72.57mg (18.14%), Zinc: 2.69mg (17.96%), Copper: 0.3mg (14.8%), Vitamin B5: 1.13mg (11.33%), Vitamin B12: 0.47µg (7.82%), Vitamin E: 1.17mg (7.77%), Vitamin K: 5.64µg (5.37%), Vitamin D: 0.17µg (1.13%)