



# Goat Cheese Quesadillas With Green-Chile Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15 ounce beans red rinsed drained canned
- 1 tablespoon chili powder
- 8 8-inch flour tortillas fat-free ()
- 0.3 cup cilantro leaves fresh chopped
- 4 ounces goat cheese
- 4 servings green-chile salsa
- 4 ounces monterrey jack cheese grated reduced-fat

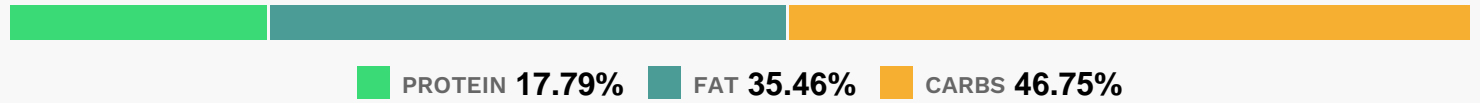
## Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Preheat oven to 35
- Combine first 5 ingredients; spread about 3/4 cup cheese mixture onto each of 4 tortillas, leaving a 1/2-inch border. Top each with a tortilla, pressing gently to secure.
- Place tortillas on a baking sheet coated with cooking spray; cover with foil.
- Bake at 350 for 25 minutes or until cheeses melt.
- Serve with Green-Chile Salsa; garnish with cilantro sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:36.25, Glycemic Load:21.24, Inflammation Score:-8, Nutrition Score:23.956956619802%

## Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 592.79kcal (29.64%), Fat: 23.39g (35.98%), Saturated Fat: 12.65g (79.08%), Carbohydrates: 69.38g (23.13%), Net Carbohydrates: 58.46g (21.26%), Sugar: 7.3g (8.11%), Cholesterol: 38.27mg (12.76%), Sodium: 1430.46mg (62.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.8%), Phosphorus: 527.74mg (52.77%), Manganese: 0.88mg (44.15%), Calcium: 438.2mg (43.82%), Vitamin B1: 0.66mg (43.7%), Fiber: 10.92g (43.67%), Selenium: 29.24µg (41.77%), Vitamin B2: 0.6mg (35.15%), Iron: 6.14mg (34.1%), Folate: 133.21µg (33.3%), Vitamin B3: 5.42mg (27.12%), Copper: 0.5mg (25.06%), Vitamin A: 1171.34IU (23.43%), Magnesium: 69.76mg (17.44%), Vitamin K: 18.14µg (17.27%), Zinc: 2.4mg (16.01%), Vitamin B6: 0.28mg (14.09%), Potassium: 478.45mg (13.67%), Vitamin E: 0.93mg (6.23%), Vitamin B5: 0.58mg (5.81%), Vitamin C: 4.73mg (5.74%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.28µg (1.89%)