



Grilled courgette, bean & cheese quesadilla

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 onion finely chopped
- ☐ 4 tsp olive oil
- ☐ 4 garlic clove finely chopped
- ☐ 2 tsp ground cumin
- ☐ 1 tbsp tomato purée
- ☐ 400 g jicama drained and rinsed canned
- ☐ 3 zucchini sliced
- ☐ 175 g cheddar cheese grated

- ☐ 1 to 2 chilies slit green finely chopped
- ☐ 1 large handful cilantro leaves roughly chopped
- ☐ 8 flour tortilla

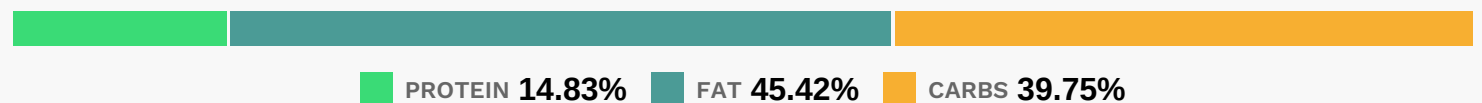
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Fry the onion in half the olive oil for about 5 mins or until soft. Stir through the garlic and cumin. Cook over a low heat for 1 min more.
- ☐ Add the tomato pure, pinto beans and a few tbsp of water.
- ☐ Heat through, then mash up with the back of a fork and season.
- ☐ Meanwhile, toss the courgette slices in the remaining oil with some seasoning.
- ☐ Place on a hot griddle pan and cook for a couple of mins each side until tender and grill marked.
- ☐ Place to one side.
- ☐ Mix the cheese, chilli and coriander in a bowl.
- ☐ Spread the bean pure over half of the tortillas.
- ☐ Lay over courgette slices and scatter with cheese mixture. Top with the remaining tortillas, pressing the two together. Cook in batches in the hot griddle pan, carefully turning, for about 1-2 mins each side or until the cheese has begun to melt and the tortillas are crisp.
- ☐ Serve in wedges.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:11.57, Inflammation Score:-8, Nutrition Score:23.990435061247%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 488.88kcal (24.44%), Fat: 25.01g (38.47%), Saturated Fat: 10.95g (68.43%), Carbohydrates: 49.25g (16.42%), Net Carbohydrates: 39.67g (14.42%), Sugar: 9.64g (10.71%), Cholesterol: 43.75mg (14.58%), Sodium: 785.91mg (34.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.74%), Vitamin C: 51.6mg (62.55%), Calcium: 454.93mg (45.49%), Phosphorus: 417.47mg (41.75%), Selenium: 27.41µg (39.15%), Fiber: 9.58g (38.32%), Manganese: 0.75mg (37.55%), Vitamin B2: 0.55mg (32.24%), Folate: 119.34µg (29.84%), Vitamin B1: 0.43mg (28.48%), Iron: 4.28mg (23.77%), Vitamin B6: 0.43mg (21.41%), Potassium: 735.23mg (21.01%), Vitamin B3: 3.71mg (18.53%), Zinc: 2.7mg (18.02%), Magnesium: 71.81mg (17.95%), Vitamin K: 18.15µg (17.29%), Vitamin A: 854.78IU (17.1%), Copper: 0.24mg (12.24%), Vitamin E: 1.76mg (11.72%), Vitamin B5: 0.79mg (7.89%), Vitamin B12: 0.46µg (7.73%), Vitamin D: 0.26µg (1.75%)