



Meatball Quesadillas

READY IN



45 min.

SERVINGS



4

CALORIES



1103 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce black bean garlic sauce
- ☐ 4 servings cup heavy whipping cream sour
- ☐ 12 8-inch flour tortilla ()
- ☐ 1 small bell pepper diced green
- ☐ 30 meatballs frozen thawed crumbled cooked
- ☐ 6 ounces monterrey jack cheese shredded with peppers

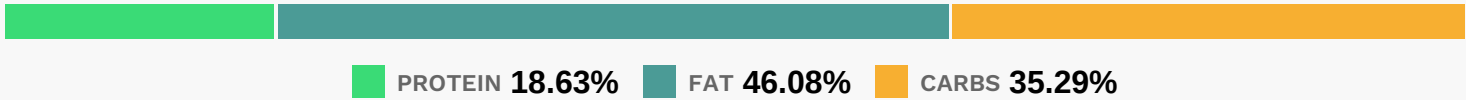
Equipment

- ☐ frying pan

Directions

- ☐ Spread bean dip over 6 tortillas.
- ☐ Layer crumbled meatballs, cheese, and bell pepper evenly over bean dip. Top with remaining tortillas.
- ☐ Cook quesadillas in a nonstick skillet or griddle over medium heat 2 minutes on each side or until golden and cheese is melted.
- ☐ Cut into 4 triangles, and serve with desired toppings.
- ☐ Note: For testing purposes only, we used Guiltless Gourmet Spicy Black Bean Dip.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:24.01, Inflammation Score:-7, Nutrition Score:34.476956326029%

Flavonoids

Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 1103.44kcal (55.17%), Fat: 56.05g (86.23%), Saturated Fat: 24.31g (151.96%), Carbohydrates: 96.59g (32.2%), Net Carbohydrates: 84.45g (30.71%), Sugar: 19.73g (21.92%), Cholesterol: 130.4mg (43.47%), Sodium: 1448.03mg (62.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.99g (101.98%), Vitamin B1: 1.56mg (103.87%), Selenium: 66.57µg (95.09%), Phosphorus: 700.14mg (70.01%), Vitamin B3: 11.46mg (57.28%), Calcium: 567.06mg (56.71%), Vitamin B2: 0.88mg (51.61%), Iron: 9.2mg (51.1%), Fiber: 12.14g (48.58%), Folate: 159.17µg (39.79%), Manganese: 0.79mg (39.69%), Zinc: 4.46mg (29.71%), Vitamin B6: 0.57mg (28.64%), Vitamin C: 15.7mg (19.03%), Vitamin B12: 1.11µg (18.53%), Magnesium: 67.99mg (17%), Potassium: 573.67mg (16.39%), Vitamin K: 13.93µg (13.26%), Vitamin A: 623.31IU (12.47%), Copper: 0.23mg (11.69%), Vitamin B5: 1.1mg (10.98%), Vitamin D: 0.5µg (3.3%), Vitamin E: 0.32mg (2.11%)