



Poblano, Mango, and Black Bean Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup avocado cubed peeled
- ☐ 0.1 teaspoon pepper black
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 4 8-inch flour tortilla fat-free ()
- ☐ 1 cup mangos jarred peeled sliced (such as Del Monte SunFresh)
- ☐ 1 teaspoon olive oil
- ☐ 1.5 cups onion
- ☐ 0.5 teaspoon oregano dried

- ☐ 1 poblano pepper seeded chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat

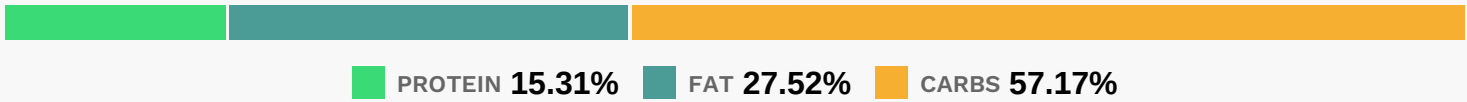
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, oregano, salt, pepper, and poblano, and saut 5 minutes or until onion is tender.
- ☐ Add beans; cook 1 minute or until thoroughly heated.
- ☐ Remove from heat; stir in mango and avocado.
- ☐ Place flour tortillas on a baking sheet coated with cooking spray. Arrange about 3/4 cup bean mixture on half of each tortilla, leaving a 1/2-inch border.
- ☐ Sprinkle 2 tablespoons cheddar cheese over bean mixture, and fold tortilla in half. Lightly coat tortillas with cooking spray. Broil 3 minutes or until cheddar cheese melts.

Nutrition Facts



Properties

Glycemic Index:56.69, Glycemic Load:12.34, Inflammation Score:-9, Nutrition Score:21.075652301311%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg

Nutrients (% of daily need)

Calories: 395kcal (19.75%), Fat: 12.32g (18.95%), Saturated Fat: 4.78g (29.87%), Carbohydrates: 57.6g (19.2%), Net Carbohydrates: 45.33g (16.48%), Sugar: 10.94g (12.16%), Cholesterol: 14.17mg (4.72%), Sodium: 1026.31mg (44.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.86%), Vitamin C: 47.5mg (57.58%), Fiber: 12.27g (49.06%), Folate: 158.61µg (39.65%), Manganese: 0.68mg (33.97%), Phosphorus: 320.89mg (32.09%), Vitamin B1: 0.47mg (31.63%), Selenium: 17.38µg (24.83%), Iron: 4.36mg (24.23%), Calcium: 239.07mg (23.91%), Vitamin B2: 0.39mg (23.05%), Potassium: 675.71mg (19.31%), Copper: 0.38mg (18.85%), Vitamin B3: 3.64mg (18.19%), Magnesium: 69.77mg (17.44%), Vitamin B6: 0.32mg (16.05%), Vitamin A: 726.73IU (14.53%), Vitamin K: 13.07µg (12.45%), Zinc: 1.63mg (10.87%), Vitamin B5: 0.7mg (6.99%), Vitamin E: 1.05mg (6.99%), Vitamin B12: 0.15µg (2.5%)