



Portobello and Black Bean Quesadillas

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinaigrette light
- ☐ 1 cup black beans rinsed drained
- ☐ 4 8-inch flour tortilla fat-free ()
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 2 ounce pimientos diced drained
- ☐ 9 inch portabello mushrooms chopped
- ☐ 4 ounces cheddar cheese reduced-fat

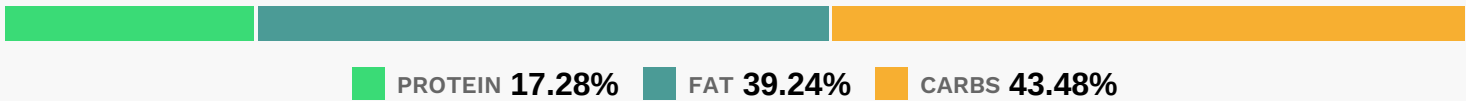
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ potato masher
- ☐ microwave

Directions

- ☐ Stack tortillas; microwave at HIGH 1 minute. Leave in microwave to keep warm while preparing filling.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add mushrooms; saut 2 minutes or until tender.
- ☐ Add vinaigrette, beans, and pimiento; cook 1 to 2 minutes, stirring constantly, or until liquid evaporates. Mash bean mixture slightly with a potato masher.
- ☐ Spoon about 1/3 cup bean mixture onto each tortilla.
- ☐ Sprinkle evenly with cheese and onions. Fold tortillas in half.
- ☐ Wipe skillet with paper towels; heat over medium heat. Coat pan with cooking spray.
- ☐ Place 2 quesadillas in pan; cook 2 to 3 minutes on each side or until golden and cheese melts. Repeat with remaining 2 quesadillas.
- ☐ Cut each quesadilla into 3 wedges.
- ☐ Serve immediately with salsa and cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:10.24, Inflammation Score:-7, Nutrition Score:15.026956589326%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 349.04kcal (17.45%), Fat: 15.22g (23.42%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 31.86g (11.59%), Sugar: 3.25g (3.61%), Cholesterol: 26.93mg (8.98%), Sodium: 619.3mg (26.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.16%), Folate: 122.29µg (30.57%), Phosphorus: 300.89mg (30.09%), Calcium: 279.31mg (27.93%), Vitamin B1: 0.38mg (25.18%), Selenium: 17.27µg (24.67%), Fiber: 6.09g (24.36%), Manganese: 0.48mg (23.8%), Vitamin C: 15.92mg (19.29%), Iron: 3.32mg (18.47%), Vitamin K: 18.76µg (17.87%), Vitamin B2: 0.28mg (16.6%), Vitamin B3: 2.9mg (14.5%), Magnesium: 50.65mg (12.66%), Vitamin A: 628.06IU (12.56%), Zinc: 1.69mg (11.28%), Copper: 0.18mg (9%), Potassium: 305.91mg (8.74%), Vitamin B6: 0.13mg (6.33%), Vitamin B12: 0.35µg (5.86%), Vitamin B5: 0.33mg (3.3%), Vitamin E: 0.23mg (1.5%), Vitamin D: 0.16µg (1.06%)