



Portobello and Black Bean Quesadillas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinaigrette light
- ☐ 1 cup no-salt-added black beans canned rinsed drained
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 ounce pimientos diced drained
- ☐ 9 inch portobello caps chopped
- ☐ 4 ounces cheese mexican blend cheese shredded reduced-fat
- ☐ 4 8-inch tortillas gluten-free ()

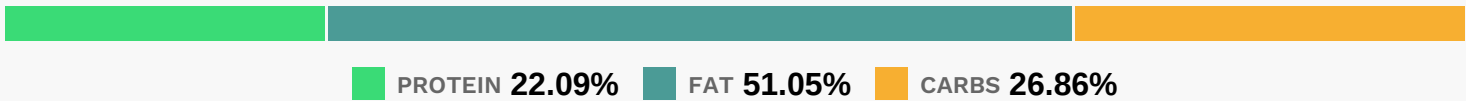
Equipment

- ☐ 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 or until liquid evaporates, stirring constantly. 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 procedure with remaining 2 quesadillas.
- ☐ Cut each quesadilla into 3 wedges.
- ☐ Serve immediately with salsa and sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:2.28, Inflammation Score:-6, Nutrition Score:9.4908696050229%

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: 195.79kcal (9.79%), Fat: 11.22g (17.27%), Saturated Fat: 5.14g (32.14%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 8.83g (3.21%), Sugar: 1.39g (1.54%), Cholesterol: 26.93mg (8.98%), Sodium: 249.87mg (10.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.86%), Calcium: 204.85mg (20.48%), Phosphorus: 195.83mg (19.58%), Vitamin C: 15.92mg (19.29%), Folate: 74.35µg (18.59%), Fiber: 4.46g (17.84%), Vitamin K: 15.09µg (14.37%), Vitamin A: 628.06IU (12.56%), Manganese: 0.22mg (11.21%), Magnesium: 39.43mg (9.86%), Zinc: 1.42mg (9.48%), Selenium: 5.9µg (8.42%), Iron: 1.47mg (8.18%), Vitamin B2: 0.14mg (8.14%), Vitamin B1: 0.12mg (8.08%), Potassium: 242.16mg (6.92%), Copper: 0.13mg (6.35%), Vitamin B12: 0.35µg (5.86%), Vitamin B6: 0.1mg (4.83%), Vitamin B3: 0.65mg (3.23%), Vitamin B5: 0.25mg (2.46%), Vitamin E: 0.23mg (1.5%), Vitamin D: 0.16µg (1.06%)