



Quesadilla Pie

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



433 kcal

Ingredients

- 4 oz chilis green chopped canned
- 15 oz black beans rinsed drained canned
- 0.3 cup spring onion chopped
- 1 medium plum tomatoes chopped (Roma)
- 10 oz enchilada sauce green canned
- 6 oz pepper jack cheese shredded
- 0.5 cup cilantro leaves fresh chopped
- 4 oz cheddar cheese shredded
- 11 oz flour tortilla for burritos (8 count)

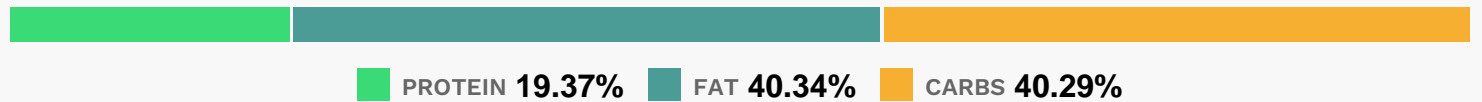
Equipment

- bowl
- oven
- aluminum foil

Directions

- Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray. In medium bowl, mix chiles, beans, onions, tomato, 1/2 cup of the enchilada sauce, the pepper Jack cheese, 1/4 cup of the cilantro and 1/2 cup of the Cheddar cheese; set aside.
- Spoon 1/4 cup enchilada sauce into pie plate. Top with 1 tortilla and 1/3 of the bean mixture. Repeat twice to make 3 layers. Top with remaining tortilla. Cover loosely with foil.
- Bake 30 minutes. Uncover; sprinkle with remaining Cheddar cheese.
- Bake 5 to 7 minutes longer or until cheese is melted.
- Sprinkle with remaining 1/4 cup cilantro.
- Serve with salsa if desired.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:8.48, Inflammation Score:-8, Nutrition Score:18.204347988834%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 433.2kcal (21.66%), Fat: 19.46g (29.94%), Saturated Fat: 10.62g (66.4%), Carbohydrates: 43.73g (14.58%), Net Carbohydrates: 35.59g (12.94%), Sugar: 5.7g (6.33%), Cholesterol: 44.13mg (14.71%), Sodium: 1435.09mg (62.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.03g (42.06%), Calcium: 458.53mg (45.85%), Phosphorus: 403.3mg (40.33%), Fiber: 8.14g (32.56%), Selenium: 22.07µg (31.53%), Folate: 117.3µg (29.32%), Vitamin B2: 0.44mg (25.87%), Vitamin B1: 0.38mg (25.34%), Iron: 4.14mg (22.98%), Manganese: 0.45mg (22.66%),

Vitamin K: 21.35µg (20.34%), Vitamin A: 980.62IU (19.61%), Zinc: 2.27mg (15.1%), Vitamin B3: 3mg (14.98%), Vitamin C: 12.14mg (14.72%), Magnesium: 52.35mg (13.09%), Potassium: 388.9mg (11.11%), Copper: 0.22mg (10.96%), Vitamin B12: 0.44µg (7.26%), Vitamin B6: 0.14mg (7.07%), Vitamin B5: 0.39mg (3.9%), Vitamin E: 0.34mg (2.23%), Vitamin D: 0.28µg (1.89%)