



## Quesadilla Pie

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



379 kcal

## Ingredients

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

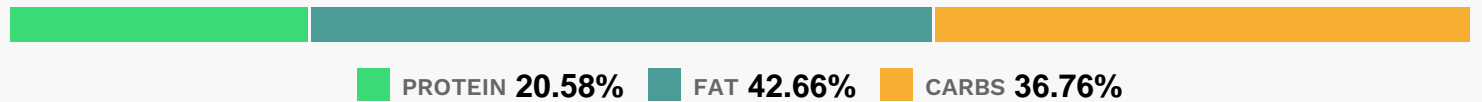
# Equipment

- bowl
- oven
- aluminum foil

# Directions

- Heat oven to 400F. 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:5.68, Inflammation Score:-7, Nutrition Score:16.340434971063%

# 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: 378.7kcal (18.93%), Fat: 18.03g (27.74%), Saturated Fat: 10.1g (63.13%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 27.41g (9.97%), Sugar: 5.03g (5.59%), Cholesterol: 44.13mg (14.71%), Sodium: 1312.18mg (57.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.57g (39.15%), Calcium: 433.14mg (43.31%), Phosphorus: 366.53mg (36.65%), Fiber: 7.55g (30.2%), Selenium: 18.07µg (25.82%), Folate: 101.68µg (25.42%), Vitamin B2: 0.39mg (22.93%), Vitamin A: 983.6IU (19.67%), Iron: 3.52mg (19.53%), Vitamin B1: 0.29mg (19.33%),

Vitamin K: 20.06µg (19.1%), Manganese: 0.36mg (18.22%), Vitamin C: 12.95mg (15.7%), Zinc: 2.17mg (14.48%),  
Magnesium: 48.49mg (12.12%), Vitamin B3: 2.22mg (11.09%), Potassium: 369.1mg (10.55%), Copper: 0.2mg (10.02%),  
Vitamin B12: 0.44µg (7.26%), Vitamin B6: 0.13mg (6.68%), Vitamin B5: 0.36mg (3.63%), Vitamin E: 0.34mg (2.23%),  
Vitamin D: 0.28µg (1.89%)