



## Quick Bean Quesadillas

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup queso asadero
- 11 oz flour tortilla for burritos (8 tortillas;
- 0.5 cup guacamole
- 1 cup refried beans
- 0.5 cup salsa thick

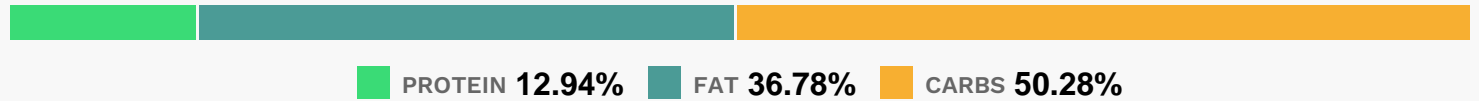
## Equipment

- frying pan
- spatula

## Directions

- Spread 1/4 cup refried beans over each of 4 tortillas.
- Place 1 bean-topped tortilla in 10-inch skillet over medium heat.
- Spread 2 tablespoons dip over beans. Top with additional tortilla.
- Heat 5 minutes.
- With large pancake turner, turn quesadilla; heat 1 to 2 minutes longer. Repeat with remaining tortillas and dip.
- Cut each quesadilla into 8 wedges.
- Serve with guacamole and salsa.

## Nutrition Facts



## Properties

Glycemic Index:28.25, Glycemic Load:13.95, Inflammation Score:-6, Nutrition Score:15.15347835292%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## Nutrients (% of daily need)

Calories: 419.81kcal (20.99%), Fat: 17.09g (26.3%), Saturated Fat: 6.82g (42.64%), Carbohydrates: 52.59g (17.53%), Net Carbohydrates: 44.57g (16.21%), Sugar: 7.82g (8.69%), Cholesterol: 22.18mg (7.39%), Sodium: 1618.6mg (70.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.07%), Phosphorus: 425.61mg (42.56%), Fiber: 8.02g (32.06%), Vitamin B1: 0.42mg (28.3%), Selenium: 17.8µg (25.43%), Calcium: 252.64mg (25.26%), Folate: 99.9µg (24.97%), Manganese: 0.47mg (23.31%), Vitamin B3: 4.35mg (21.77%), Iron: 3.73mg (20.75%), Vitamin B2: 0.34mg (20.11%), Vitamin K: 13.54µg (12.9%), Potassium: 403.84mg (11.54%), Vitamin B6: 0.18mg (9.18%), Vitamin A: 443.36IU (8.87%), Copper: 0.16mg (8.08%), Magnesium: 31.09mg (7.77%), Zinc: 1.16mg (7.75%), Vitamin E: 1.04mg (6.96%), Vitamin B5: 0.63mg (6.28%), Vitamin C: 3.86mg (4.68%)