




 **8%**
HEALTH SCORE

Quick Vegan Quesadillas


 Vegetarian  Vegan  Dairy Free

READY IN




10 min.

SERVINGS



8

CALORIES



233 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 15 ounce garbanzo beans canned (chick peas)
- 0.3 teaspoon cumin
- 5 garlic clove peeled
- 4 tablespoons juice of lemon
- 0.5 cup onion chopped
- 1 cup salsa
- 3 tablespoons tahini
- 0.5 cup roasted peppers red

8 tortillas whole wheat

Equipment

Nutrition Facts



Properties

Glycemic Index:12.79, Glycemic Load:2.33, Inflammation Score:-4, Nutrition Score:8.0691304347826%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 232.69kcal (11.63%), Fat: 7.22g (11.11%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 28.9g (10.51%), Sugar: 3.91g (4.35%), Cholesterol: 0mg (0%), Sodium: 769.75mg (33.47%), Protein: 8.48g (16.97%), Manganese: 0.53mg (26.64%), Fiber: 6.6g (26.38%), Vitamin B6: 0.37mg (18.58%), Iron: 2.31mg (12.85%), Calcium: 127.72mg (12.77%), Vitamin C: 9.21mg (11.16%), Copper: 0.22mg (10.78%), Phosphorus: 105.79mg (10.58%), Vitamin B1: 0.13mg (8.7%), Magnesium: 27.68mg (6.92%), Potassium: 229.95mg (6.57%), Folate: 24.96µg (6.24%), Selenium: 3.64µg (5.21%), Zinc: 0.75mg (5.02%), Vitamin A: 214.85IU (4.3%), Vitamin B3: 0.83mg (4.16%), Vitamin E: 0.41mg (2.76%), Vitamin B5: 0.26mg (2.61%), Vitamin B2: 0.03mg (1.99%), Vitamin K: 1.44µg (1.37%)