



Refried Bean-and-Corn Quesadillas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup whole-kernel corn frozen thawed
- ☐ 8 8-inch flour tortillas fat-free ()
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 3 ounces monterrey jack cheese shredded with jalapeno peppers
- ☐ 0.5 cup nonfat cream sour
- ☐ 16 ounce refried beans fat-free canned

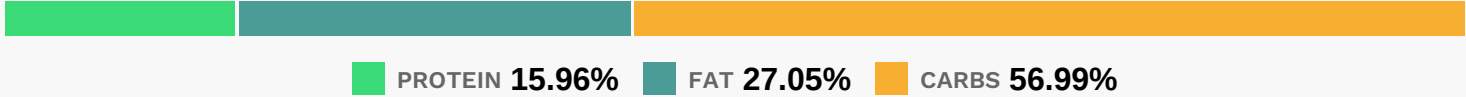
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a medium bowl, and stir well.
- ☐ Spread about 1/2 cup bean mixture over each of 4 tortillas, and top each with 3 tablespoons cheese and remaining tortillas.
- ☐ Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add 1 quesadilla, and cook 3 minutes on each side or until golden.
- ☐ Remove quesadilla from skillet; set aside, and keep warm. Repeat procedure with remaining quesadillas.
- ☐ Cut each quesadilla into 4 wedges.
- ☐ Serve warm with sour cream.
- ☐ Garnish with cilantro sprigs and jalapeo peppers, if desired.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:18.94, Inflammation Score:-6, Nutrition Score:16.602608675542%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 503.84kcal (25.19%), Fat: 14.88g (22.89%), Saturated Fat: 7.09g (44.33%), Carbohydrates: 70.51g (23.5%), Net Carbohydrates: 61.67g (22.43%), Sugar: 7.82g (8.69%), Cholesterol: 21.51mg (7.17%), Sodium: 1613.58mg (70.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.74g (39.48%), Selenium: 27.5µg (39.29%), Calcium: 384.83mg (38.48%), Vitamin B1: 0.54mg (35.85%), Fiber: 8.83g (35.34%), Phosphorus: 343mg (34.3%), Iron: 5.06mg (28.11%), Folate: 112.39µg (28.1%), Manganese: 0.54mg (26.93%), Vitamin B2: 0.43mg (25.57%), Vitamin B3: 4.77mg (23.87%), Vitamin K: 14.09µg (13.42%), Zinc: 1.41mg (9.37%), Magnesium: 34.78mg (8.69%), Vitamin A: 371.66IU (7.43%), Copper: 0.13mg (6.39%), Potassium: 219.38mg (6.27%), Vitamin B6: 0.09mg (4.63%), Vitamin B12: 0.26µg (4.38%), Vitamin B5: 0.29mg (2.87%), Vitamin C: 0.9mg (1.09%)