



Southwest Quesadilla with Cilantro-Lime Sour Cream

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce refried black beans canned
- 4 10-inch burrito size" flour tortillas
- 0.3 cup freshly cilantro leaves chopped
- 0.5 cup freshly cilantro leaves chopped
- 0.8 cup corn kernels (1 ear)
- 1 teaspoon ground cumin
- 0.5 juice of lime juiced

- 2 tablespoons olive oil for griddle
- 1 cup pepper jack cheese grated
- 1 small bell pepper diced red
- 0.5 onion diced red
- 2 teaspoons pepper flakes red
- 1 pinch salt
- 16 servings salt and pepper black freshly ground
- 0.5 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan

Directions

- Watch how to make this recipe.
- In a large skillet, heat oil over medium-high heat.
- Saute red pepper and onion until soft, about 5 minutes.
- Add corn, red pepper flakes, cumin, and salt and pepper to taste. Toss to incorporate and saute for 3 minutes.
- Transfer to a bowl and add the cilantro. Preheat a long, 2-burner cast iron griddle, or a large saute pan over medium heat.
- Lay 2 tortillas on a work surface and spread each evenly with refried black beans.
- Place tortillas, bean side up, on the griddle (begin with 1 if using a saute pan).
- Sprinkle onion-red pepper mixture evenly over the top of each, then sprinkle evenly with the cheese. Cover with another tortilla coated with refried black beans and cook until cheese melts, about 4 minutes. Flip quesadillas to toast the other side. Slice each quesadilla into 8 wedges, sprinkle with cilantro, and serve with Lime-Cilantro Sour Cream.
- In a small bowl, mix all ingredients together until combined. Season, to taste, with salt if needed.

Nutrition Facts

PROTEIN 15.58% FAT 39.69% CARBS 44.73%

Properties

Glycemic Index:15.69, Glycemic Load:4.17, Inflammation Score:-5, Nutrition Score:6.9043478719566%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 156.58kcal (7.83%), Fat: 7.02g (10.8%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 14.26g (5.18%), Sugar: 1.65g (1.84%), Cholesterol: 10.53mg (3.51%), Sodium: 196.92mg (8.56%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.2g (12.4%), Folate: 66.68µg (16.67%), Fiber: 3.54g (14.15%), Manganese: 0.26mg (12.84%), Phosphorus: 120.32mg (12.03%), Vitamin B1: 0.17mg (11.26%), Calcium: 97.58mg (9.76%), Vitamin C: 6.86mg (8.31%), Iron: 1.49mg (8.3%), Selenium: 5.67µg (8.1%), Vitamin A: 376.46IU (7.53%), Magnesium: 29.49mg (7.37%), Vitamin B2: 0.12mg (7.16%), Vitamin B3: 1.1mg (5.51%), Vitamin K: 5.6µg (5.34%), Potassium: 175.61mg (5.02%), Zinc: 0.71mg (4.74%), Copper: 0.09mg (4.63%), Vitamin E: 0.5mg (3.33%), Vitamin B6: 0.07mg (3.32%), Vitamin B5: 0.19mg (1.92%), Vitamin B12: 0.07µg (1.23%)