



Stacked Veggie Quesadilla

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce butternut squash peeled chopped cut into 1/2- to 3/4-inch cubes
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 teaspoon chili powder
- ☐ 1 sprigs cilantro leaves fresh (for garnish)
- ☐ 4 8-inch flour tortilla
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove chopped
- ☐ 4 servings monterrey jack cheese

- ☐ 1 cup pepper flakes hot grated
- ☐ 0.5 cup salsa divided
- ☐ 4 servings salsa
- ☐ 4 servings cream sour
- ☐ 2 tablespoons vegetable oil divided
- ☐ 1 cup onion white chopped

Equipment

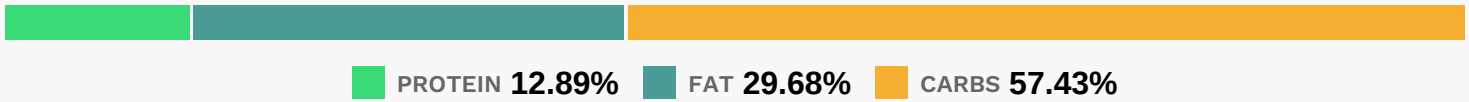
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ plastic wrap
- ☐ potato masher
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat broiler. Put tortillas in single layer on baking sheet.
- ☐ Brush with oil. Broil until toasted, about 3 minutes. Turn; set aside.
- ☐ Place squash in microwave-safe bowl.
- ☐ Sprinkle water over, cover with plastic wrap, and microwave until just tender, about 3 minutes; drain.
- ☐ Heat 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Add onion and sauté until beginning to brown, about 3 minutes.
- ☐ Add squash; stir 1 minute. Season with salt and freshly ground black pepper.
- ☐ Spread out squash in even layer over 1 tortilla.
- ☐ Add 1 tablespoon oil to skillet.
- ☐ Add beans, 1/4 cup salsa, garlic, and chili powder. Using potato masher, crush until beans are coarsely mashed; season with salt and pepper. Stir in 1/4 cup salsa.

- ☐ Spread over second tortilla.
- ☐ Sprinkle cheese over third tortilla. Leave fourth tortilla plain.
- ☐ Broil tortillas until cheese melts and vegetables are browned in spots, about 3 minutes, watching to prevent burning.
- ☐ Transfer black bean tortilla to plate; sprinkle 1/4 cup chopped cilantro over. Top with cheese tortilla, squash tortilla, then plain tortilla.
- ☐ Cut into 4 wedges.
- ☐ Garnish with sour cream, salsa, and cilantro sprigs.
- ☐ Per serving: 424 calories, 22 g fat, 7 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:10.16, Inflammation Score:-10, Nutrition Score:29.090000136067%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 419.63kcal (20.98%), Fat: 14.29g (21.98%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 62.18g (20.73%), Net Carbohydrates: 49.27g (17.92%), Sugar: 9.76g (10.84%), Cholesterol: 7.97mg (2.66%), Sodium: 1232.85mg (53.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.93%), Vitamin A: 7034.56IU (140.69%), Vitamin C: 73.85mg (89.51%), Fiber: 12.91g (51.63%), Manganese: 0.85mg (42.52%), Folate: 148.95µg (37.24%), Vitamin B1: 0.54mg (35.86%), Phosphorus: 305.05mg (30.51%), Vitamin K: 30.5µg (29.05%), Iron: 5.17mg (28.7%), Vitamin B6: 0.56mg (28.21%), Potassium: 976.01mg (27.89%), Vitamin B3: 4.93mg (24.63%), Magnesium: 93mg (23.25%), Vitamin B2: 0.38mg (22.31%), Selenium: 14.92µg (21.32%), Copper: 0.42mg (20.97%), Calcium: 196.38mg (19.64%), Vitamin E: 2.71mg (18.04%), Zinc: 1.34mg (8.93%), Vitamin B5: 0.83mg (8.26%)