



Sweet Potato and Black Bean Quesadillas with Swiss Chard Pesto



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



1

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chipotle roasted sweet potatoes and chipotle black beans
- ☐ 0.5 cup cheddar shredded
- ☐ 1 tablespoon swiss chard pesto
- ☐ 1 10-inch tortillas ()

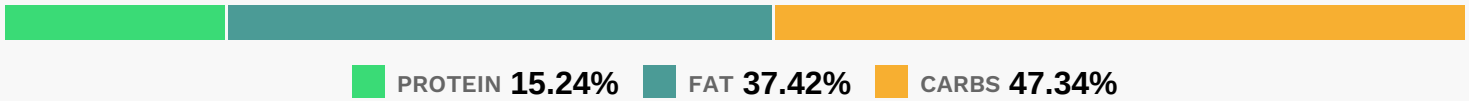
Equipment

- ☐ frying pan

Directions

- ☐
- Place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, then top with the chipotle roasted sweet potatoes and chipotle black beans, swiss chard pesto and the remaining cheese.Fold the tortilla in half covering the filling and cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2–4 minutes per side.
- ☐
- Serve garnished with more pesto and herbs.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:11.4, Inflammation Score:-8, Nutrition Score:23.415651943373%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 642.12kcal (32.11%), Fat: 27.37g (42.11%), Saturated Fat: 13.74g (85.89%), Carbohydrates: 77.91g (25.97%), Net Carbohydrates: 58.33g (21.21%), Sugar: 27.45g (30.5%), Cholesterol: 56.5mg (18.83%), Sodium: 967.07mg (42.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.09g (50.17%), Vitamin K: 129.13µg (122.98%), Fiber: 19.58g (78.34%), Calcium: 509.2mg (50.92%), Selenium: 31.73µg (45.33%), Phosphorus: 409.77mg (40.98%), Vitamin A: 1470.49IU (29.41%), Vitamin B2: 0.46mg (27.05%), Vitamin B1: 0.37mg (24.96%), Manganese: 0.41mg (20.28%), Folate: 79.74µg (19.93%), Zinc: 2.5mg (16.65%), Iron: 2.9mg (16.1%), Vitamin B3: 3.18mg (15.91%), Magnesium: 42.63mg (10.66%), Vitamin B12: 0.6µg (9.98%), Copper: 0.12mg (5.9%), Vitamin C: 4.44mg (5.38%), Potassium: 187.05mg (5.34%), Vitamin B6: 0.09mg (4.75%), Vitamin E: 0.7mg (4.69%), Vitamin B5: 0.37mg (3.74%), Vitamin D: 0.34µg (2.26%)