



Tortilla and Black Bean Pie

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



546 kcal

Ingredients

- 4 10-inch flour tortilla (es)
- 1 tablespoon canola oil
- 1 large onion diced
- 1 jalapeno minced for less heat (remove seeds and ribs)
- 2 garlic clove minced
- 0.5 teaspoon ground cumin
- 1 serving salt and pepper freshly ground
- 30 ounces black beans drained and rinsed canned
- 12 ounces water

- 10 ounces corn frozen
- 4 spring onion plus more for garnish thinly sliced
- 2.5 cups cheddar cheese shredded

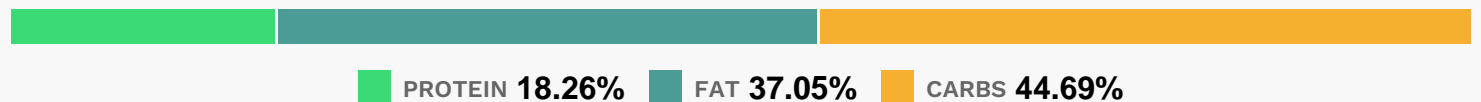
Equipment

- frying pan
- oven
- knife
- springform pan

Directions

- Preheat oven to 400 degrees. With a paring knife, trim tortillas to fit a 9-inch springform pan. Use the bottom of the pan as a guide. Set aside.
- Heat oil in a large skillet over medium heat.
- Add onion, jalapeno, garlic, and cumin; season with salt and pepper. Cook, stirring occasionally, until softened, 5 to 7 minutes.
- Add beans and beer, and bring to a boil. Reduce heat to medium; simmer until liquid has almost evaporated, 8 to 10 minutes. Stir in corn and scallions, and remove from heat. Taste and adjust for seasoning.
- Fit a trimmed tortilla in bottom of springform pan; layer with 1/4 of the beans and 1/2 cup of cheese. Repeat three times, using 1 cup cheese on top layer.
- Bake until cheese melts, 20 to 25 minutes.
- Remove side of pan; sprinkle pie with scallions. To serve, slice into wedges.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:8.35, Inflammation Score:-8, Nutrition Score:24.208260655403%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 546.17kcal (27.31%), Fat: 22.94g (35.29%), Saturated Fat: 10.76g (67.23%), Carbohydrates: 62.26g (20.75%), Net Carbohydrates: 48.78g (17.74%), Sugar: 3.24g (3.6%), Cholesterol: 47.08mg (15.69%), Sodium: 1236mg (53.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.86%), Fiber: 13.47g (53.89%), Phosphorus: 519.15mg (51.91%), Calcium: 469.39mg (46.94%), Folate: 169.67µg (42.42%), Selenium: 26.28µg (37.55%), Manganese: 0.71mg (35.49%), Vitamin B1: 0.52mg (34.36%), Vitamin B2: 0.57mg (33.37%), Iron: 5.09mg (28.27%), Magnesium: 93.59mg (23.4%), Vitamin K: 23.27µg (22.16%), Potassium: 741.45mg (21.18%), Zinc: 3.17mg (21.16%), Copper: 0.39mg (19.57%), Vitamin B3: 3.88mg (19.38%), Vitamin C: 13.68mg (16.58%), Vitamin B6: 0.28mg (14.02%), Vitamin A: 586.95IU (11.74%), Vitamin B12: 0.5µg (8.32%), Vitamin B5: 0.72mg (7.2%), Vitamin E: 0.9mg (6%), Vitamin D: 0.28µg (1.88%)