



Triple-Decker Quesadilla

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small avocado sliced
- 0.5 cup refried black beans
- 0.3 cup knudsen cream sour
- 3 8-inch flour tortillas ()
- 0.3 cup salsa green
- 0.5 cup mild cheddar cheese shredded kraft
- 0.3 cup tomatoes chopped

Equipment

frying pan

Directions

- Top 1 tortilla with layers of half each of the beans, sour cream, cheddar, tomatoes and avocados; cover with second tortilla. Cook in medium nonstick skillet on medium heat 1 min. or until heated through.
- Turn quesadilla over carefully; top with layers of remaining beans, sour cream, cheddar, tomatoes and avocados. Cover with remaining tortilla. Cook 1 min. Carefully turn quesadilla over.
- Cook 3 to 4 min. or until cheese is melted and bottom of quesadilla is golden brown.
- Remove from skillet; cut into wedges.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:11.27, Glycemic Load:2, Inflammation Score:-2, Nutrition Score:3.4634782840376%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 85.4kcal (4.27%), Fat: 4.9g (7.54%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 6.36g (2.31%), Sugar: 0.91g (1.01%), Cholesterol: 6.03mg (2.01%), Sodium: 129.1mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Folate: 30.38µg (7.59%), Fiber: 1.78g (7.13%), Phosphorus: 56.77mg (5.68%), Selenium: 3.6µg (5.15%), Vitamin B1: 0.08mg (5.14%), Manganese: 0.1mg (4.93%), Calcium: 48.8mg (4.88%), Vitamin B2: 0.07mg (4.3%), Vitamin K: 3.89µg (3.71%), Vitamin B3: 0.73mg (3.67%), Potassium: 119.32mg (3.41%), Iron: 0.58mg (3.22%), Magnesium: 11.82mg (2.95%), Copper: 0.05mg (2.57%), Vitamin B6: 0.05mg (2.53%), Vitamin A: 125.76IU (2.52%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.36mg (2.39%), Vitamin C: 1.86mg (2.25%), Vitamin E: 0.33mg (2.22%)