



Vegan Black Bean Quesadillas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup black beans drained and rinsed
- 15 ounce cannellini beans drained and rinsed canned
- 1 pinch cayenne pepper to taste
- 0.3 teaspoon chili powder
- 1 clove garlic
- 1 teaspoon ground cumin
- 0.3 cup nutritional yeast
- 4 servings salt to taste

- 0.3 cup tomatoes diced
- 8 grain tortillas whole

Equipment

- food processor
- bowl
- frying pan

Directions

- Blend great Northern beans, 3/4 cup tomatoes, and garlic in a food processor until smooth; add nutritional yeast, cumin, chili powder, salt, and red pepper flakes and blend again.
- Transfer bean mixture to a bowl. Stir black beans and 1/4 cup tomatoes into bean mixture.
- Heat olive oil in a skillet over medium-high heat.
- Place a tortilla in the hot oil.
- Spread about 1/4 cup filling onto the tortilla.
- Place another tortilla on top of filling; cook until filling is warmed, about 10 minutes.
- Spray the top tortilla with cooking spray and flip quesadilla to cook the second side until lightly browned, 3 to 5 minutes. Repeat with remaining tortillas and filling.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:10.51, Inflammation Score:-6, Nutrition Score:16.64173911188%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 352.02kcal (17.6%), Fat: 5.63g (8.67%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 59.52g (19.84%), Net Carbohydrates: 49.19g (17.89%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 643.35mg (27.97%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.46%), Folate: 176.08µg (44.02%), Manganese: 0.87mg (43.43%), Fiber: 10.33g (41.31%), Vitamin B1: 0.51mg (34.32%), Phosphorus: 304.61mg (30.46%), Iron: 4.91mg (27.3%), Selenium: 18.16µg (25.94%), Magnesium: 85.74mg (21.43%), Potassium: 634.81mg (18.14%), Vitamin B3: 3.35mg (16.75%), Calcium: 157.26mg (15.73%), Vitamin B2: 0.25mg (14.78%), Copper: 0.29mg (14.55%), Vitamin B6: 0.19mg (9.25%), Zinc: 1.3mg (8.7%), Vitamin K: 5.25µg (5%), Vitamin B5: 0.46mg (4.6%), Vitamin C: 2.95mg (3.58%), Vitamin A: 132.75IU (2.65%)