



WHATSheATE



HEALTH SCORE

58%

Vegetable Quesadillas with Fresh Salsa



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 avocado thinly sliced



4 cups baby spinach



15 ounces beans red low-sodium rinsed drained canned



1 tablespoon chipotles in adobo chopped



0.3 cup cilantro leaves fresh chopped



0.3 teaspoon ground cumin



1 teaspoon juice of lime fresh



1 cup cheddar cheese shredded reduced-fat

- ☐ 4 medium plum tomatoes diced
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 teaspoon salt

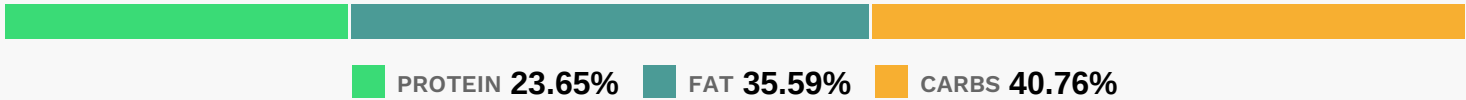
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, combine tomatoes, onion,cilantro, juice, cumin and salt. In a secondbowl, mash beans; stir in chipotle.Working one at a time, top half of each tortilla with 1/4 avocado slices, 1/4 beanmixture, 1 cup spinach and 4 tablespoons cheese;fold in half.
- ☐ Heat a large nonstick skilletover medium–high heat; add 1 quesadillaand cook, flipping once, until both sidesare brown and crispy, 1 to 2 minutes perside. Repeat with remaining quesadillas.
- ☐ Let cool slightly; cut each quesadillainto 3 wedges; serve with tomato salsa.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:4.41, Inflammation Score:-9, Nutrition Score:17.376956561337%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 160.64kcal (8.03%), Fat: 6.69g (10.29%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 9.9g (3.6%), Sugar: 3.27g (3.64%), Cholesterol: 3.95mg (1.32%), Sodium: 414.56mg (18.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10g (19.99%), Vitamin K: 112.02µg (106.69%), Vitamin A: 2354.32IU (47.09%), Fiber: 7.33g (29.32%), Manganese: 0.5mg (24.8%), Folate: 94.41µg (23.6%), Phosphorus: 206.21mg (20.62%), Vitamin C: 16.13mg (19.55%), Potassium: 584.43mg (16.7%), Magnesium: 55.55mg (13.89%), Calcium: 129.6mg (12.96%), Vitamin B6: 0.23mg (11.65%), Copper: 0.23mg (11.36%), Iron: 1.95mg (10.81%), Vitamin B2: 0.18mg (10.68%), Vitamin E: 1.37mg (9.14%), Vitamin B1: 0.14mg (9%), Zinc: 1.19mg (7.95%), Vitamin B3: 1.35mg (6.77%), Vitamin B5: 0.65mg (6.55%), Selenium: 3.89µg (5.56%), Vitamin B12: 0.09µg (1.54%)