



 **71%**  
HEALTH SCORE

## (Web Exclusive) Round 2 : Bean Chili Quesadilla

 Very Healthy

READY IN



22 min.

SERVINGS



2

CALORIES



1676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup barbeque sauce
- 4 all-beef hot dogs
- 1 tablespoon brown sugar packed
- 15 ounce black beans drained and rinsed canned
- 15 ounce kidney beans drained and rinsed canned
- 2 tablespoons chili seasoning
- 4 8-inch flour tortillas ()

- 4 hot dog buns
- 0.5 cup jack cheese shredded
- 0.5 medium onion chopped for serving
- 0.3 cup cup heavy whipping cream sour for serving
- 1 tablespoon mustard yellow

## Equipment

- frying pan
- sauce pan
- grill
- grill pan
- cutting board

## Directions

- Watch how to make this recipe.
- Heat a large skillet over medium-high heat.
- Place 1 tortilla onto a clean work surface.
- Sprinkle with 2 tablespoons of the cheese. Top with 1/2 cup of the bean chili and sprinkle with 2 more tablespoons of the cheese. Put another flour tortilla on top and carefully place in the skillet. Cook for 3 minutes until tortilla is slightly browned and cheese starts to melt. Flip and cook for another 3 minutes on the other side. Repeat with remaining ingredients.
- Transfer quesadillas to a cutting board.
- Cut into wedges and serve with sour cream or salsa.
- In a large saucepan over low heat stir together the barbeque sauce, beans, chili seasoning, brown sugar, and mustard. Bring to a boil and reduce heat to a simmer and cook for 10 to 12 minutes, stirring occasionally.
- Meanwhile, set up grill or indoor grill pan for direct cooking over medium heat. When ready to start cooking oil the grate.
- Place hot dogs on the hot, oiled grill. Cook for 10 minutes or until heated through, turning occasionally. Toast buns on grill, if desired.

Place hot dogs in buns and top with chili.

Serve hot with chopped white onions.

## Nutrition Facts

**PROTEIN 14.5%** **FAT 30.01%** **CARBS 55.49%**

### Properties

Glycemic Index:124.5, Glycemic Load:52.75, Inflammation Score:-10, Nutrition Score:60.561304154603%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

### Nutrients (% of daily need)

Calories: 1675.65kcal (83.78%), Fat: 56.31g (86.63%), Saturated Fat: 23.77g (148.54%), Carbohydrates: 234.33g (78.11%), Net Carbohydrates: 198.77g (72.28%), Sugar: 71.76g (79.73%), Cholesterol: 92.5mg (30.83%), Sodium: 5195.25mg (225.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.22g (122.43%), Fiber: 35.56g (142.24%), Manganese: 2.47mg (123.72%), Phosphorus: 1091.15mg (109.12%), Vitamin B1: 1.62mg (108.07%), Selenium: 71.54µg (102.2%), Iron: 17.36mg (96.44%), Folate: 385.07µg (96.27%), Vitamin A: 4179.69IU (83.59%), Vitamin B2: 1.36mg (80.28%), Calcium: 735.43mg (73.54%), Vitamin B3: 14.18mg (70.92%), Potassium: 2165.45mg (61.87%), Copper: 1.23mg (61.58%), Magnesium: 240.34mg (60.08%), Zinc: 7.18mg (47.89%), Vitamin B6: 0.8mg (39.87%), Vitamin B12: 1.93µg (32.2%), Vitamin K: 29.7µg (28.28%), Vitamin E: 3.67mg (24.45%), Vitamin B5: 1.66mg (16.63%), Vitamin C: 11.79mg (14.29%), Vitamin D: 0.71µg (4.73%)