



Wild Mushroom Quesadillas with Warm Black Bean Salsa

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



931 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup smoky barbecue sauce
- 1 can black beans drained
- 4 servings coarse pepper and salt black
- 1 cup corn kernels frozen
- 16 crimini mushroom caps with stems, trimmed and thinly sliced
- 4 12-inch flour tortillas
- 1 tablespoon thyme leaves dried fresh chopped (3 sprigs)

- 2 cloves garlic chopped
- 1 jalapeno seeded chopped
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin for drizzling
- 1 small onion chopped
- 4 servings salt and pepper black freshly ground
- 2 cups sharp cheddar shredded white
- 12 mushroom caps thinly sliced
- 0.5 cup sun-dried tomatoes chopped in oil

Equipment

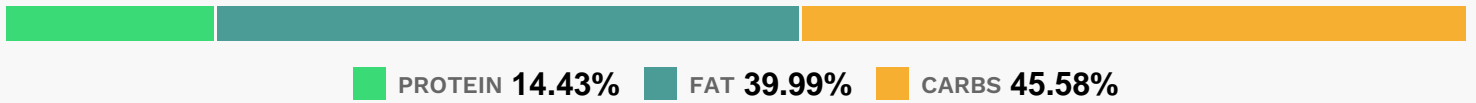
- frying pan
- oven
- stove
- spatula
- cutting board

Directions

- Watch how to make this recipe.
- Heat a medium nonstick skillet over medium heat.
- Add the oil and the sliced mushrooms to the hot skillet. Season mushrooms with black pepper, salt and thyme.
- Saute the mushrooms 10 minutes or, until dark and tender, then remove from heat.
- Transfer the mushrooms to a dish and return the skillet to the stove over medium heat.
- Add another turn of extra-virgin olive oil to the skillet and add the onions, garlic and jalapeno pepper; saute for 2 or 3 minutes, then add beans and corn to the pan. Stir in chopped tomatoes and barbecue sauce, then season salsa with salt and pepper.
- Transfer warm salsa to a serving dish.
- Heat a griddle pan or large nonstick skillet over medium to medium high heat.

- Add a drizzle of oil to the pan and 1 flour tortilla. Cook tortilla 1 minute, then turn it over.
- Sprinkle 1/2 cup sharp cheddar over 1/2 of the flour tortilla. Cover the cheese with 1/4 of the cooked sliced mushrooms. Fold the plain 1/2 of the tortilla over top of the filling and gently press down with a spatula. Cook the filled quesadilla 30 seconds to a minute longer on each side to lightly brown and crisp the quesadilla and melt the cheese.
- Remove the quesadilla to a large cutting board or transfer to a warm oven to hold, then repeat with remaining quesadilla ingredients.
- Cut each quesadilla into wedges and serve with warm salsa for topping.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:19.38, Inflammation Score:-10, Nutrition Score:42.035217502843%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 931.26kcal (46.56%), Fat: 42.14g (64.84%), Saturated Fat: 16.11g (100.72%), Carbohydrates: 108.09g (36.03%), Net Carbohydrates: 92.6g (33.67%), Sugar: 21.38g (23.76%), Cholesterol: 56.5mg (18.83%), Sodium: 2309.22mg (100.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.22g (68.43%), Selenium: 67.43µg (96.33%), Phosphorus: 806.82mg (80.68%), Vitamin B2: 1.31mg (76.92%), Calcium: 652.73mg (65.27%), Manganese: 1.28mg (63.84%), Fiber: 15.49g (61.95%), Vitamin B1: 0.88mg (58.95%), Folate: 233.46µg (58.37%), Vitamin B3: 11.63mg (58.13%), Copper: 0.93mg (46.46%), Iron: 7.89mg (43.86%), Potassium: 1403.96mg (40.11%), Zinc: 4.95mg (32.99%), Vitamin C: 26.45mg (32.06%), Magnesium: 119.86mg (29.97%), Vitamin B5: 2.77mg (27.66%), Vitamin B6: 0.52mg (26.11%), Vitamin A: 967.64IU (19.35%), Vitamin K: 17.44µg (16.6%), Vitamin E: 2.4mg (15.98%), Vitamin B12: 0.68µg (11.31%), Vitamin D: 0.59µg (3.91%)