



A Nutrition Resource

# BLACK BEAN QUESADILLA

**Yield: 4 Servings | Serving Size: 1 quesadilla**

**Cost: \$0.95**

**Ingredients:**

2 cups cooked black beans (or 1 can, drained and rinsed)

1 cup low fat cheddar cheese

4 (8-inch) whole wheat tortillas

1/4 cup salsa

**Directions:**

- 1) Mix in black beans and cheese until combined
- 2) Divide mixture evenly into four and spread on half of each tortilla.
- 3) Fold tortillas in half.
- 4) Heat a large griddle or skillet over medium high heat. Place filled tortillas on griddle. Cook, carefully flipping, until tortillas are golden brown and crisp and cheese filling melts, about 5 minutes.
- 5) Top with salsa.

**Tip:** Add lightly cooked vegetables to the quesadilla filling mixture.

## Nutrition Facts

4 servings per container

**Serving size** 1 quesadilla  
(174g)

Amount per serving

**Calories** 290

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 600mg 26%

**Total Carbohydrate** 41g 15%

Dietary Fiber 7g 25%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 18g

Vitamin D 0mcg 0%

Calcium 220mg 15%

Iron 3mg 15%

Potassium 324mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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