

# Quick Quesadilla

## Nutrition Facts

Serving Size 1/8 of recipe 194g (193 g)  
Servings per container 1

### Amount Per Serving

Calories 253      Calories from Fat 40

% Daily Value\*

Total Fat 4g      6%

Saturated Fat 0g      1%

Trans Fat

Cholesterol 0mg      0%

Sodium 509mg      21%

Total Carbohydrate 38g      13%

Dietary Fiber 14g      57%

Sugars 2g

Protein 19g

Vitamin A 6% • Vitamin C 29%

Calcium 10% • Iron 13%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

©www.NutritionData.com

## Ingredients

1 small onion  
1 small red pepper  
1-16 oz bag frozen corn  
1 can black beans  
Cheese  
8 low-fat, whole grain tortillas

## Seasonings Suggestions

Garlic Powder, Chipotle Seasoning  
Chili powder, cumin, Old Bay  
Regular or Seasoned Salt, Pepper, Thyme  
White Worcestershire Sauce  
Fresh Cilantro

## Equipment

Small cutting board  
Knife  
Microwave-safe bowl  
Paper plates  
Slotted spoon  
Cheese grater (optional)

Recipe Cost \$8.83  
2 servings @ \$1.10

1. Heat raw ingredients with desired seasonings until you can smell them.
2. Add corn and beans; heat through.
3. Place 1 tortilla on a paper plate & top with filling, then cheese, & another tortilla.

