



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Kidney Bean Quesadillas ♦

Kidney Bean Quesadillas are a delicious and healthy vegan dish that can be enjoyed by everyone. They are made with kidney beans, spices, and tortillas, and are a great source of protein and fiber. These quesadillas are perfect for lunch or dinner, and can be served with salsa, guacamole, or sour cream.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

400 g	Kidney Beans
300 g	tortillas
100 g	onion
10 g	garlic
1 tsp	Cumin

1 tsp	Chili powder
0.5 tsp	Salt
0.5 tsp	Pepper
2 tbsp	olive oil

Directions

Step 1

Sautéing

Heat olive oil in a pan and sauté chopped onion and garlic until translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Cooking

Add kidney beans, cumin, chili powder, salt, and pepper to the pan. Cook for 5 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Place a tortilla on a flat surface and spread the kidney bean mixture evenly on one half of the tortilla. Fold the other half over the filling to create a quesadilla.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Repeat with the remaining tortillas and kidney bean mixture.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Grilling

Heat a pan or griddle over medium heat. Cook each quesadilla for 2-3 minutes on each side, until golden brown and crispy.

Prep Time: 2 mins

Cook Time: 6 mins

Step 6

Slice the quesadillas into wedges and serve hot with salsa, guacamole, or sour cream.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 12 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	10 g	26.32%	40%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	450 mg	13.24%	17.31%
Zinc	10 mg	90.91%	125%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Mexican

Course

Salads

Snacks

Cultural

Chinese New Year

Cost

\$10 to \$20

\$20 to \$30

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Ketogenic Diet

Vegetarian Diet

Vegan Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com