

Corn, Tomato and Bean Quesadillas

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 36 quesadillas

1 red onion, finely chopped
2 tomatoes, chopped
1 can (10 ounce) corn kernels, drained and rinsed
1 red pepper, diced
1 can (14 ounce) pinto beans, drained and rinsed
6 flour tortillas
3 ounces Cheddar cheese, grated
2 teaspoons oil

In a bowl, combine the red onion, tomatoes, corn kernels and red pepper.

In a bowl, mash the pinto beans with a fork.

Place three of the tortillas on a work surface. Spread the pinto beans evenly over the tortillas. Top with the corn and tomato mixture. Sprinkle with Cheddar.

Top with three more tortillas.

In a ten-inch frying pan, heat the oil. Cook the tortilla stacks for 3 to 4 minutes per side until golden brown.

Remove from the pan and cut each tortilla stack into twelve triangles.

Per Serving (excluding unknown items): 2759 Calories; 72g Fat (23.2% calories from fat); 109g Protein; 429g Carbohydrate; 72g Dietary Fiber; 89mg Cholesterol; 2650mg Sodium. Exchanges: 26 Grain(Starch); 5 Lean Meat; 6 Vegetable; 11 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2759	Vitamin B6 (mg):	1.9mg
% Calories from Fat:	23.2%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	61.3%	Thiamin B1 (mg):	3.8mg
% Calories from Protein:	15.5%	Riboflavin B2 (mg):	2.3mg
Total Fat (g):	72g	Folacin (mcg):	1668mcg
Saturated Fat (g):	27g	Niacin (mg):	23mg

Monounsaturated Fat (g): 30g
Polyunsaturated Fat (g): 9g
Cholesterol (mg): 89mg
Carbohydrate (g): 429g
Dietary Fiber (g): 72g
Protein (g): 109g
Sodium (mg): 2650mg
Potassium (mg): 4462mg
Calcium (mg): 1449mg
Iron (mg): 29mg
Zinc (mg): 12mg
Vitamin C (mg): 302mg
Vitamin A (i.u.): 9226IU
Vitamin A (r.e.): 1101 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 26
Lean Meat: 5
Vegetable: 6
Fruit: 0
Non-Fat Milk: 0
Fat: 11 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2759 **Calories from Fat:** 640

% Daily Values*

Total Fat 72g	111%
Saturated Fat 27g	136%
Cholesterol 89mg	30%
Sodium 2650mg	110%
Total Carbohydrates 429g	143%
Dietary Fiber 72g	289%
Protein 109g	
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Vitamin A	185%
Vitamin C	504%
Calcium	145%
Iron	159%

* Percent Daily Values are based on a 2000 calorie diet.