

Chili-Beef Quesadillas

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 36 quesadillas

1 tablespoon oil
1 onion, chopped
2 cloves garlic, crushed
13 ounces beef mince
1 bottle (11 ounce) black bean salsa
salt (to taste)
pepper (to taste)
6 flour tortillas
4 ounces Cheddar cheese, grated
2 teaspoons oil

In a frying pan, heat the oil. Cook the onion and garlic for 2 to 3 minutes. Add the beef mince. Cook for 5 to 7 minutes until brown, breaking up any lumps.

Stir in the black bean salsa. Bring to a boil. Reduce the heat and simmer for 3 to 4 minutes or until the mixture reduces and thickens. Season with salt and pepper.

Place three flour tortillas on a work surface. Sprinkle with the grated Cheddar cheese. Spoon the mince evenly over the cheese. Top with another three tortillas.

In a ten-inch frying pan, heat two teaspoons of oil. Cook the tortilla stacks for 3 to 4 minutes on each side or until golden brown.

Remove from the pan. Trim off the sides and cut into two-inch squares.

Per Serving (excluding unknown items): 2112 Calories; 91g Fat (39.0% calories from fat); 67g Protein; 253g Carbohydrate; 15g Dietary Fiber; 119mg Cholesterol; 2773mg Sodium. Exchanges: 16 Grain(Starch); 4 Lean Meat; 2 Vegetable; 15 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2112	Vitamin B6 (mg):	.4mg
% Calories from Fat:	39.0%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	48.2%	Thiamin B1 (mg):	2.3mg

% Calories from Protein: 12.8%
 Total Fat (g): 91g
 Saturated Fat (g): 34g
 Monounsaturated Fat (g): 40g
 Polyunsaturated Fat (g): 11g
 Cholesterol (mg): 119mg
 Carbohydrate (g): 253g
 Dietary Fiber (g): 15g
 Protein (g): 67g
 Sodium (mg): 2773mg
 Potassium (mg): 874mg
 Calcium (mg): 1391mg
 Iron (mg): 15mg
 Zinc (mg): 7mg
 Vitamin C (mg): 9mg
 Vitamin A (i.u.): 1201IU
 Vitamin A (r.e.): 360 1/2RE

Riboflavin B2 (mg): 1.7mg
 Folic Acid (mcg): 573mcg
 Niacin (mg): 16mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 16
 Lean Meat: 4
 Vegetable: 2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 15 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2112 Calories from Fat: 824

% Daily Values*

Total Fat	91g	140%
Saturated Fat	34g	170%
Cholesterol	119mg	40%
Sodium	2773mg	116%
Total Carbohydrates	253g	84%
Dietary Fiber	15g	62%
Protein	67g	
Vitamin A		24%
Vitamin C		15%
Calcium		139%
Iron		85%

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