

# Bean Quesadillas

Recipe recommended by Yasmine Fella  
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## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	453kj	5%
Energy (kcal)	104cal	5%
Fat	1.4g	2%
<i>of which saturates</i>	0.2g	1%
Carbohydrate	14g	5%
<i>of which sugars</i>	2.4g	3%
Fibre	8.6g	34%
Protein	4.5g	9%
Salt	0.23g	4%

Generated by Nutritics v5.61 on 12/09/2022

## INGREDIENTS: (Serves 2, 318kcal per 306g)

- 1 tin of red kidney beans, drained
- 4 wholewheat wraps (**GLUTEN**)
- 1 red pepper, chopped into small pieces
- 1 onion, chopped into small pieces
- 2 garlic cloves
- 1 tsp cumin
- 1 tsp paprika
- 5 sprigs of parsley
- 1 chilli (optional)

## METHOD:

1. Fry your onions, garlic, red pepper and kidney beans in a pan along with the seasonings and salt to taste.
2. When they are cooked, slightly mush the kidney beans until some are in a paste and some are whole
3. Lay out your wraps and place the filling on half of the wrap. Then fold over the wrap and use a little water on your finger to close the wraps
4. Fry the wraps until slightly golden and charred on both sides. Enjoy them with a salad for lunch or add rice and cheese for a more filling dinner

## ALLERGENS



**GLUTEN**

## MODIFY

Switcch wraps for gluten free or corn

Extras: Add cheese inside the fillings of the wrap, and add sour cream and guacamole to the plate to enjoy. You can also add chillies to make the mixture spicier.

## CREDIT

Recipe by: Yasmine Fella  
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