



Basic Tostadas

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce no-salt-added black beans rinsed drained canned
- ☐ 4 6-inch corn tortillas ()
- ☐ 1 cup pre-shredded lettuce
- ☐ 1 ounce cheddar cheese shredded reduced-fat
- ☐ 1 cup salsa refrigerated
- ☐ 1.3 ounce 0%-less-sodium taco seasoning (2 tablespoons)
- ☐ 0.3 cup water

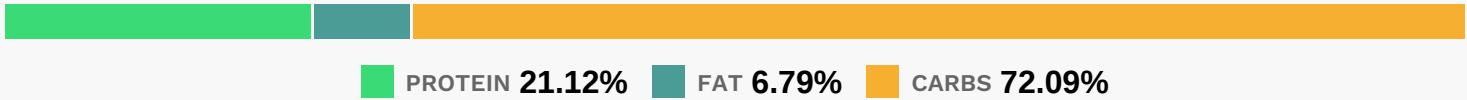
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ potato masher

Directions

- ☐ Preheat oven to 40
- ☐ Place tortillas on a baking sheet. Coat tortillas on both sides with cooking spray.
- ☐ Bake at 400 for 12 minutes or until crisp; set aside.
- ☐ Combine black beans, taco seasoning, and water in a medium saucepan; mash with a potato masher. Cook over medium heat 3 minutes or until thoroughly heated, stirring often.
- ☐ Place tortillas on individual serving plates; spread black bean mixture evenly over tortillas. Top each serving with 1/4 cup lettuce, 1/4 cup salsa, and 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:9.92, Inflammation Score:-8, Nutrition Score:15.940434885576%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 247.3kcal (12.36%), Fat: 1.96g (3.02%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 46.84g (15.61%), Net Carbohydrates: 32.9g (11.96%), Sugar: 4.76g (5.29%), Cholesterol: 1.49mg (0.5%), Sodium: 1199.84mg (52.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.45%), Fiber: 13.94g (55.75%), Folate: 168.3µg (42.08%), Manganese: 0.65mg (32.66%), Phosphorus: 289.18mg (28.92%), Magnesium: 105.43mg (26.36%), Vitamin A: 1255.01IU (25.1%), Vitamin B1: 0.31mg (20.99%), Iron: 3.53mg (19.59%), Potassium: 623.52mg (17.81%), Copper: 0.31mg (15.64%), Vitamin B6: 0.26mg (12.77%), Zinc: 1.82mg (12.12%), Calcium: 101.06mg (10.11%), Vitamin B3: 1.68mg (8.4%), Vitamin B2: 0.12mg (7.09%), Vitamin C: 5.73mg (6.94%), Vitamin K: 7.11µg (6.77%), Selenium: 4.49µg (6.42%), Vitamin E: 0.9mg (6.02%), Vitamin B5: 0.45mg (4.46%)