



Beef Brisket Tostados

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound barbecued beef brisket chopped warmed (without sauce)
- 1 tablespoon cilantro leaves fresh chopped
- 4 servings toppings: lettuce shredded chopped
- 0.3 cup onion red chopped
- 16 oz refried beans fat-free canned
- 0.5 cup salsa fresh
- 6 corn tostada shells

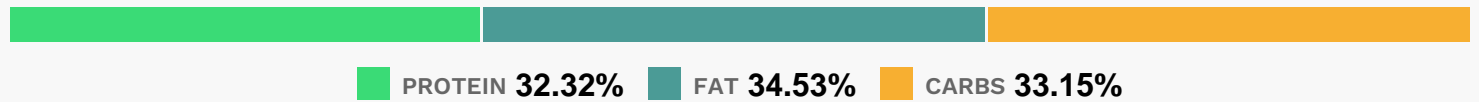
Equipment

- frying pan
- oven
- pot

Directions

- Preheat oven to 40
- Stir together salsa and cilantro.
- Spread beans on tostada shells.
- Place shells on a jelly-roll pan; top with brisket, onion, and salsa mixture.
- Bake at 400 for 8 to 10 minutes or until thoroughly heated.
- Serve immediately with desired toppings.
- *Chopped grilled steak or pot roast may be substituted.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:3.14, Inflammation Score:-4, Nutrition Score:15.156521918009%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 386.24kcal (19.31%), Fat: 14.52g (22.34%), Saturated Fat: 4.87g (30.46%), Carbohydrates: 31.36g (10.45%), Net Carbohydrates: 24.41g (8.88%), Sugar: 4.5g (5%), Cholesterol: 71.2mg (23.73%), Sodium: 1123.88mg (48.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.14%), Vitamin B12: 2.76µg (46.06%), Zinc: 5.3mg (35.36%), Vitamin B6: 0.64mg (31.81%), Phosphorus: 295.96mg (29.6%), Selenium: 19.63µg (28.04%), Fiber: 6.96g (27.82%), Vitamin B3: 5.23mg (26.15%), Iron: 3.74mg (20.79%), Potassium: 532.65mg (15.22%), Vitamin B1: 0.22mg (14.46%), Vitamin B2: 0.23mg (13.72%), Magnesium: 51.06mg (12.77%), Calcium: 80.83mg (8.08%), Manganese: 0.16mg (7.79%), Copper: 0.15mg (7.65%), Vitamin A: 264.76IU (5.3%), Vitamin B5: 0.52mg (5.25%), Vitamin E: 0.77mg (5.11%), Vitamin K: 3.21µg (3.06%), Folate: 11.38µg (2.84%), Vitamin C: 1.38mg (1.68%)