



## Black Bean and Cheese Torta

 Vegetarian

READY IN



12 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups refried black beans
- 0.3 cup heinz distilled vinegar white
- 0.3 tsp ground pepper black
- 6 singles kraft
- 2 cups lettuce shredded
- 0.3 cup real mayo mayonnaise kraft
- 1 cup onion rings red thin
- 1 cup radishes chopped

- 0.3 tsp salt
- 6 cuban rolls split

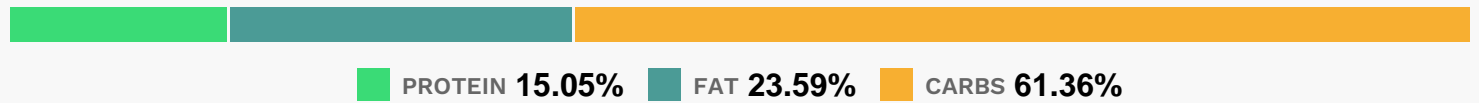
## Equipment

- broiler pan

## Directions

- Toss lettuce with radishes, onions, vinegar, salt and pepper; set aside.
- Remove bread from insides of bolillo halves, leaving 1/4-inch-thick shells; reserve removed bread for snacking or another use.
- Spread insides of shells evenly with mayo. Spoon beans into bottom halves of bolillos; top with Singles.
- Place on rack of broiler pan.
- Broil 2 min. or until Singles are melted. Top with lettuce mixture; cover with tops of bolillos.

## Nutrition Facts



## Properties

Glycemic Index:54.33, Glycemic Load:27.67, Inflammation Score:-6, Nutrition Score:13.198695454585%

## Flavonoids

Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

## Nutrients (% of daily need)

Calories: 370.95kcal (18.55%), Fat: 9.74g (19.98%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 57g (19%), Net Carbohydrates: 47.38g (17.23%), Sugar: 6.42g (7.13%), Cholesterol: 4.08mg (1.36%), Sodium: 473.76mg (20.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.96%), Iron: 12.71mg (70.6%), Fiber: 9.62g (38.48%), Folate: 145.48µg (36.37%), Manganese: 0.48mg (23.85%), Vitamin K: 21.49µg (20.47%), Magnesium: 66.82mg (16.71%), Vitamin B1: 0.24mg (15.69%), Phosphorus: 148.55mg (14.85%), Potassium: 428.69mg (12.25%), Copper:

0.21mg (10.47%), Zinc: 1.14mg (7.6%), Vitamin C: 5.51mg (6.68%), Vitamin B6: 0.12mg (5.81%), Calcium: 53.83mg (5.38%), Vitamin B2: 0.08mg (4.48%), Vitamin B5: 0.31mg (3.12%), Vitamin A: 155.71IU (3.11%), Vitamin B3: 0.54mg (2.72%), Vitamin E: 0.36mg (2.37%), Selenium: 1.58µg (2.25%)