



Black Bean and Corn Tostadas



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



5

CALORIES



1429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



15.5 ounce black beans rinsed drained canned



2 teaspoons canola oil



1.5 teaspoons chili powder



1 cup whole-kernel corn frozen thawed



25 2-inch corn tortillas



5 teaspoons cilantro leaves fresh minced



0.3 cup bell pepper diced green



0.5 teaspoon ground cumin

- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 1.3 cups iceberg lettuce shredded
- ☐ 3 ounces cheddar cheese shredded reduced-fat
- ☐ 0.3 cup onion diced
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.8 cup salsa fresh refrigerated
- ☐ 10 tablespoons salsa fresh refrigerated
- ☐ 0.3 teaspoon salt
- ☐ 5 tablespoons cup heavy whipping cream fat-free sour

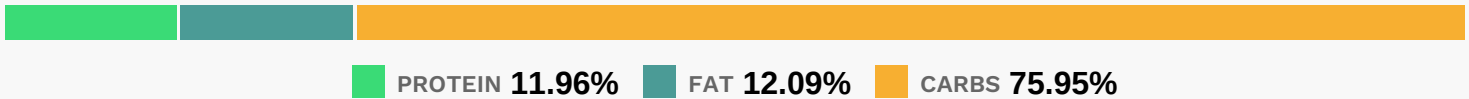
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Coat tortillas with cooking spray; place on a baking sheet.
- ☐ Bake at 350 for 10 minutes or until crisp, turning after 7 minutes.
- ☐ While tortillas bake, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and bell pepper; saut 4 minutes or until onion is lightly browned. Stir in beans and next 7 ingredients. Cook 2 minutes.
- ☐ Place tortillas on plates.Top each tortilla with about 1/2 cup bean mixture, 1/4 cup lettuce, 2 tablespoons salsa, 1 tablespoon sour cream, about 2 tablespoons cheese, and 1 teaspoon cilantro.

Nutrition Facts



Properties

Glycemic Index:38.7, Glycemic Load:110.61, Inflammation Score:-10, Nutrition Score:45.590869514191%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 1429.48kcal (71.47%), Fat: 20.02g (30.8%), Saturated Fat: 3.63g (22.72%), Carbohydrates: 283g (94.33%), Net Carbohydrates: 238.19g (86.62%), Sugar: 10.41g (11.57%), Cholesterol: 4.65mg (1.55%), Sodium: 1377.07mg (59.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.58g (89.17%), Phosphorus: 2028.15mg (202.82%), Fiber: 44.8g (179.22%), Magnesium: 465.6mg (116.4%), Manganese: 2.26mg (113.2%), Vitamin B6: 1.5mg (75.11%), Calcium: 613mg (61.3%), Zinc: 8.66mg (57.72%), Selenium: 40.07µg (57.24%), Copper: 1.13mg (56.71%), Iron: 9.59mg (53.26%), Vitamin B3: 10.41mg (52.04%), Vitamin B1: 0.72mg (48.26%), Potassium: 1661.41mg (47.47%), Vitamin B2: 0.6mg (35.37%), Folate: 109.25µg (27.31%), Vitamin E: 3.13mg (20.86%), Vitamin C: 13.58mg (16.46%), Vitamin A: 754.48IU (15.09%), Vitamin B5: 1.12mg (11.22%), Vitamin K: 11.62µg (11.07%), Vitamin B12: 0.12µg (1.99%)