



Black Bean and Mango Tostadas

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans drained and rinsed canned
- ☐ 0.5 teaspoon chili powder
- ☐ 4 8-inch flour tortillas
- ☐ 1 tablespoon juice of lime
- ☐ 1 mangos diced pitted ripe peeled
- ☐ 6 ounces monterey jack low-fat grated
- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon salt

☐ 2 scallions light white green finely chopped

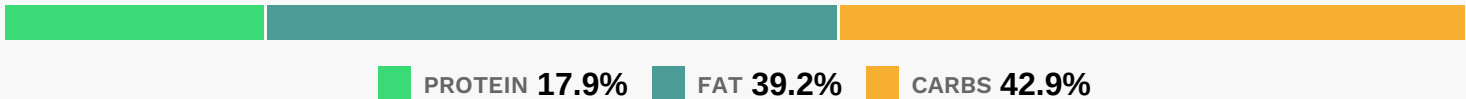
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425F.
- ☐ Combine beans, olive oil, scallions, chili powder and 1/2 tsp. salt in a bowl.
- ☐ Mist a baking sheet with cooking spray.
- ☐ Place tortillas on sheet and spoon bean mixture on top.
- ☐ Sprinkle with cheese.
- ☐ Bake until golden and crisp, about 10 minutes.
- ☐ While tostadas are baking, combine mango, onion, lime juice and 1/4 tsp. salt in a bowl.
- ☐ Remove tostadas from oven, spoon mango mixture on top and serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.19, Glycemic Load:11.72, Inflammation Score:-8, Nutrition Score:20.887826121372%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg

0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 476.97kcal (23.85%), Fat: 21.01g (32.33%), Saturated Fat: 10.23g (63.94%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 41.52g (15.1%), Sugar: 9.42g (10.46%), Cholesterol: 37.85mg (12.62%), Sodium: 1480.49mg (64.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.19%), Calcium: 440.57mg (44.06%), Phosphorus: 419.42mg (41.94%), Fiber: 10.21g (40.83%), Folate: 146.98µg (36.75%), Vitamin C: 23.96mg (29.05%), Vitamin B1: 0.43mg (28.74%), Manganese: 0.55mg (27.63%), Selenium: 19.32µg (27.6%), Vitamin B2: 0.46mg (27.33%), Iron: 4.42mg (24.55%), Vitamin K: 21.72µg (20.69%), Vitamin A: 1027.02IU (20.54%), Copper: 0.34mg (16.85%), Vitamin B3: 3.36mg (16.82%), Magnesium: 66.97mg (16.74%), Potassium: 538.52mg (15.39%), Zinc: 2.2mg (14.7%), Vitamin B6: 0.19mg (9.7%), Vitamin E: 1.22mg (8.11%), Vitamin B12: 0.35µg (5.88%), Vitamin B5: 0.48mg (4.82%), Vitamin D: 0.26µg (1.7%)