



Black Bean & Rice Tostada

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 11 oz regular corn drained canned
- 1 cup rice white instant uncooked
- 2.5 cups lettuce shredded
- 1.3 cups cheddar cheese shredded kraft
- 16.4 oz taco bellâ[®] tortilla taco dinner kit soft

Equipment

- baking sheet

sauce pan

oven

Directions

Preheat oven to 350F. Spray both sides of Tortillas with cooking spray; place in single layer on baking sheet.

Bake 10 min. or until crisp and lightly browned.

Meanwhile, cook rice in large saucepan as directed on package.

Add beans, corn and Seasoning

Mix; mix well. Cook 5 min. or until heated through, stirring occasionally.

Top tortillas with rice mixture, lettuce, Salsa and cheese.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:7.6526087470677%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 213.69kcal (10.68%), Fat: 12.46g (19.17%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 11.04g (4.01%), Sugar: 0.65g (0.72%), Cholesterol: 38.77mg (12.92%), Sodium: 393.68mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.35%), Calcium: 283.97mg (28.4%), Phosphorus: 226.78mg (22.68%), Selenium: 9.81µg (14.02%), Folate: 48.56µg (12.14%), Vitamin B2: 0.18mg (10.68%), Zinc: 1.59mg (10.58%), Fiber: 2.21g (8.84%), Vitamin B12: 0.48µg (8%), Manganese: 0.16mg (7.85%), Vitamin B1: 0.11mg (7.38%), Vitamin A: 359.37IU (7.19%), Iron: 1.19mg (6.62%), Magnesium: 24.12mg (6.03%), Potassium: 163.42mg (4.67%), Copper: 0.08mg (4.24%), Vitamin B3: 0.79mg (3.97%), Vitamin K: 3.9µg (3.71%), Vitamin B6: 0.05mg (2.65%), Vitamin B5: 0.2mg (2.04%), Vitamin C: 1.45mg (1.76%), Vitamin D: 0.21µg (1.41%), Vitamin E: 0.17mg (1.15%)