



Black bean tostadas with avocado salsa



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 corn tortillas for them near the other wraps or by the mexican food (look)
- ☐ 2 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 3 garlic cloves chopped
- ☐ 1 tbsp paprika smoked
- ☐ 1 tbsp ground cumin
- ☐ 5 tbsp cider vinegar
- ☐ 3 tbsp clear honey

- ☐ 1200 g black beans rinsed drained canned
- ☐ 1 sprigs choose 3 toppings- tomatoes diced red sliced chopped
- ☐ 4 servings tabasco chipotle sauce

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Brush the tortillas with a little of the oil and place in a single layer on baking sheets. Cook for 8 mins until crisp.
- ☐ In a large frying pan, heat the remaining oil.
- ☐ Add the onion and garlic, and cook for 5 mins.
- ☐ Add the spices, vinegar and honey. Cook for 2 mins more.
- ☐ Add the beans and seasoning, and heat through.
- ☐ Remove from the heat and mash the beans gently with the back of your spoon to a chunky pure.
- ☐ Spread some beans over the crispy corn tortillas, scatter with your choice of toppings and add a spoonful of crme frache to cool down, or a splash of chipotle Tabasco to spice it up.

Nutrition Facts



Properties

Glycemic Index:64.44, Glycemic Load:17.75, Inflammation Score:-9, Nutrition Score:26.454347896835%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin:

1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 548.75kcal (27.44%), Fat: 12.28g (18.89%), Saturated Fat: 2.71g (16.95%), Carbohydrates: 91.51g (30.5%), Net Carbohydrates: 66.22g (24.08%), Sugar: 15.28g (16.98%), Cholesterol: 7.08mg (2.36%), Sodium: 1186.03mg (51.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.36g (44.71%), Fiber: 25.29g (101.17%), Manganese: 1.08mg (54%), Phosphorus: 522.98mg (52.3%), Folate: 192.97µg (48.24%), Iron: 7.95mg (44.18%), Magnesium: 156.83mg (39.21%), Copper: 0.71mg (35.42%), Vitamin B1: 0.5mg (33.58%), Potassium: 1174.06mg (33.54%), Vitamin B2: 0.46mg (26.84%), Vitamin B6: 0.39mg (19.63%), Vitamin A: 971.63IU (19.43%), Calcium: 189.95mg (19%), Zinc: 2.6mg (17.36%), Vitamin B3: 2.96mg (14.82%), Vitamin C: 11.19mg (13.56%), Selenium: 8.31µg (11.87%), Vitamin E: 1.77mg (11.78%), Vitamin B5: 0.75mg (7.51%), Vitamin K: 6.05µg (5.76%)