



Black Bean Tostadas with Grilled Corn Salsa

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce no-salt-added black beans drained canned
- 0.8 cup grilled corn salsa
- 6 6-inch corn tortillas ()
- 3 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic
- 6 cups iceberg lettuce shredded
- 3 ounces monterrey jack cheese shredded with peppers
- 0.3 cup nonfat cream sour

- 3 tablespoons onion finely chopped
- 0.3 teaspoon salt
- 1 cup vegetable broth undiluted canned

Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- oven
- knife

Directions

- Position knife blade in food processor bowl. Drop garlic through food chute with processor running. Process 3 seconds or until garlic is minced.
- Add beans, broth, onion, and salt; process until smooth, scraping sides of processor bowl once.
- Transfer bean mixture to a medium saucepan. Partially cover mixture, and cook over medium heat 15 minutes or until thickened, stirring frequently.
- Combine sour cream and cilantro; stir well. Cover and chill.
- Place tortillas on a baking sheet coated with cooking spray.
- Bake at 350 for 6 minutes; turn tortillas over, and bake 6 to 8 additional minutes or until crisp.
- Place 1 tortilla on each individual serving plate. Spoon beanmixture evenly over tortillas; top each with cheese. Arrange lettuce over cheese. Top each tostada with 2 tablespoons Grilled Corn Salsa and 1 tablespoon sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:54.83, Glycemic Load:14.25, Inflammation Score:-8, Nutrition Score:19.586521752503%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 337.8kcal (16.89%), Fat: 6.2g (9.54%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 54.28g (18.09%), Net Carbohydrates: 38.87g (14.14%), Sugar: 3.19g (3.54%), Cholesterol: 13.48mg (4.49%), Sodium: 373.09mg (16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.48%), Fiber: 15.41g (61.63%), Folate: 242.52µg (60.63%), Manganese: 0.86mg (43.1%), Phosphorus: 384.43mg (38.44%), Magnesium: 133.58mg (33.39%), Vitamin B1: 0.43mg (28.54%), Iron: 3.81mg (21.18%), Potassium: 731.27mg (20.89%), Calcium: 193.75mg (19.37%), Copper: 0.38mg (18.76%), Zinc: 2.65mg (17.67%), Vitamin K: 18.44µg (17.56%), Vitamin A: 651.64IU (13.03%), Vitamin B6: 0.24mg (12.18%), Vitamin B2: 0.2mg (11.88%), Selenium: 6.13µg (8.76%), Vitamin B3: 1.55mg (7.77%), Vitamin B5: 0.63mg (6.32%), Vitamin C: 3.81mg (4.62%), Vitamin B12: 0.15µg (2.44%), Vitamin E: 0.26mg (1.76%)