



Black Bean Tostados with Spicy Black Beans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons avocado diced
- 1 cup spicy black beans drained
- 2 6-inch corn tortillas ()
- 1 tablespoon cilantro leaves fresh chopped
- 1 tablespoon green onions chopped
- 0.3 teaspoon ground cumin
- 1 tablespoon pickled jalapeño pepper chopped
- 1 cup lettuce shredded

- 2 ounces monterrey jack cheese shredded reduced-fat
- 2 tablespoons nonfat cream alternative sour
- 0.5 cup tomatoes chopped

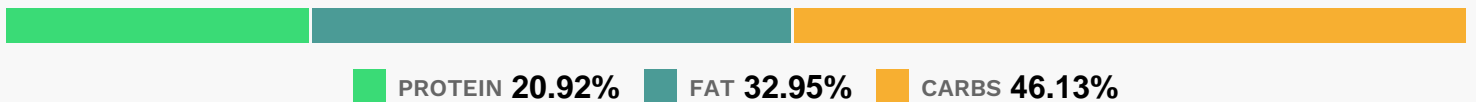
Equipment

- baking sheet
- sauce pan
- oven
- wooden spoon

Directions

- Place tortillas on a baking sheet coated with cooking spray.
- Bake at 350 for 6 minutes; turn tortillas, and bake an additional 2 minutes or until crisp. Top evenly with cheese and pepper; bake 2 minutes or until cheese melts.
- Coat a small saucepan with cooking spray; add Spicy Black Beans, cilantro, and cumin, mashing beans slightly with the back of a wooden spoon. Cook over medium heat until hot, stirring occasionally. Spoon bean mixture evenly over tortillas. Top evenly with lettuce and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:159.25, Glycemic Load:9.79, Inflammation Score:-8, Nutrition Score:18.224782731222%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 325.49kcal (16.27%), Fat: 12.29g (18.91%), Saturated Fat: 6.01g (37.57%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 27.36g (9.95%), Sugar: 2.59g (2.88%), Cholesterol: 26.31mg (8.77%), Sodium: 207.34mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.11%), Fiber: 11.36g (45.43%), Folate: 168.54µg (42.13%), Phosphorus: 367.92mg (36.79%), Manganese: 0.6mg (30.02%), Calcium: 288.35mg (28.84%), Magnesium: 101.58mg (25.39%), Vitamin K: 23.81µg (22.68%), Vitamin C: 17.19mg (20.84%), Vitamin B1: 0.29mg (19.24%), Potassium: 638.71mg (18.25%), Vitamin A: 895.36IU (17.91%), Zinc: 2.47mg (16.44%), Iron: 2.9mg (16.09%), Copper: 0.3mg (14.99%), Vitamin B2: 0.24mg (14.19%), Vitamin B6: 0.26mg (13.02%), Selenium: 7.53µg (10.75%), Vitamin B3: 1.52mg (7.6%), Vitamin E: 1.03mg (6.88%), Vitamin B5: 0.6mg (6.04%), Vitamin B12: 0.27µg (4.52%), Vitamin D: 0.17µg (1.13%)