



Butternut Squash and Chorizo Tostadas



Gluten Free



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 batch refried black beans
- ☐ 4 cups butternut squash peeled seeded cut into 1/2 inch pieces (or pumpkin)
- ☐ 1 teaspoon chipotle chili powder
- ☐ 0.5 pound chorizo
- ☐ 0.3 cup cilantro leaves
- ☐ 0.3 teaspoon cinnamon
- ☐ 12 small corn tortillas
- ☐ 0.5 teaspoon cumin toasted

- ☐ 2 cloves garlic
- ☐ 1 tablespoon oil
- ☐ 1 small onion diced
- ☐ 0.3 cup queso fresco crumbled (or feta)
- ☐ 0.3 cup onions diced red
- ☐ 4 servings salt to taste

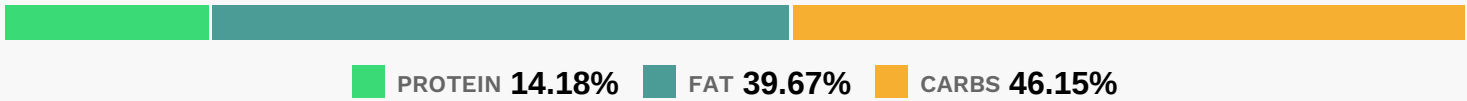
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Toss the squash in the oil, chili powder, cumin, cinnamon and salt, spread the mixture out in a single layer on a baking sheet and roast in a preheated 400F oven until the squash tender and just starts to caramelize on the edges, about 30–40 minutes.
- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the chorizo, cook until browned, about 10 minutes and set aside retaining a tablespoon of leftover oil/grease in the pan.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Brush the tortillas lightly in oil and bake in a preheated 350F oven until golden brown and crispy, about 3–5 minutes per side.
- ☐ Spread the refried beans over the top of the tortillas, sprinkle on the roast squash, chorizo, red onion, queso fresco and cilantro.

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:15.81, Inflammation Score:-10, Nutrition Score:20.396956407506%

Flavonoids

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 465.22kcal (23.26%), Fat: 21.01g (32.32%), Saturated Fat: 6.72g (41.98%), Carbohydrates: 55g (18.33%), Net Carbohydrates: 46.47g (16.9%), Sugar: 5.18g (5.75%), Cholesterol: 40.7mg (13.57%), Sodium: 302.77mg (13.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.79%), Vitamin A: 15367.49IU (307.35%), Vitamin C: 32.2mg (39.03%), Fiber: 8.53g (34.12%), Phosphorus: 334.4mg (33.44%), Manganese: 0.64mg (32.16%), Magnesium: 110.89mg (27.72%), Vitamin B6: 0.46mg (22.86%), Vitamin E: 3.11mg (20.72%), Potassium: 714.78mg (20.42%), Iron: 3.42mg (19%), Calcium: 188.66mg (18.87%), Vitamin B1: 0.24mg (15.75%), Vitamin B3: 2.98mg (14.89%), Copper: 0.25mg (12.46%), Folate: 48.67µg (12.17%), Selenium: 7.41µg (10.59%), Zinc: 1.54mg (10.25%), Vitamin K: 7.93µg (7.55%), Vitamin B5: 0.73mg (7.26%), Vitamin B2: 0.11mg (6.37%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.21µg (1.37%)