



Cheese & chutney tostados

READY IN



20 min.

SERVINGS



2

CALORIES



434 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 small flour tortilla
- ☐ 1 dash olive oil
- ☐ 2 tbsp mango chutney (whole with spices)
- ☐ 100 g finely-chopped ham (cooked)
- ☐ 100 g cheddar cheese (grated)
- ☐ 2 spring onion (chopped)

Equipment

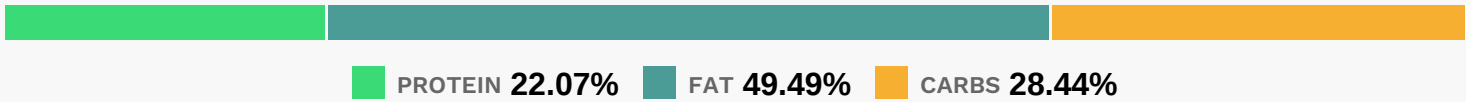
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat the oven to fan 180C/conventional 200C/gas
- ☐ Brush the tortillas with the olive oil and put them, oil side down, on a large baking tray.
- ☐ Spread evenly with the chutney, then scatter over the turkey or ham, cheese and onions.
- ☐ Bake for 8 minutes.
- ☐ Cut into wedges and eat while they are still hot and crispy.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:12.65, Inflammation Score:-6, Nutrition Score:16.816086976425%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 434.16kcal (21.71%), Fat: 23.74g (36.53%), Saturated Fat: 11.4g (71.26%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 29.12g (10.59%), Sugar: 11.26g (12.51%), Cholesterol: 86.5mg (28.83%), Sodium: 1133.63mg (49.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.82g (47.65%), Selenium: 31.21µg (44.59%), Phosphorus: 445.04mg (44.5%), Calcium: 412.95mg (41.29%), Vitamin B1: 0.44mg (29.35%), Vitamin K: 28.5µg (27.14%), Vitamin B2: 0.45mg (26.41%), Zinc: 3.17mg (21.12%), Vitamin B12: 1.24µg (20.58%), Vitamin C: 15.67mg (18.99%), Vitamin B3: 3.2mg (15.99%), Folate: 50.08µg (12.52%), Vitamin A: 620.64IU (12.41%), Iron: 1.87mg (10.4%), Manganese: 0.2mg (10.19%), Vitamin B6: 0.19mg (9.58%), Magnesium: 33.8mg (8.45%), Potassium: 265.02mg (7.57%), Vitamin B5: 0.71mg (7.05%), Copper: 0.13mg (6.73%), Fiber: 1.58g (6.33%), Vitamin E: 0.54mg (3.58%), Vitamin D: 0.3µg (2%)