



## Cheesy Beef Tostadas

READY IN



25 min.

SERVINGS



25

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 15 oz no-salt-added black beans rinsed canned
- 2 tsp chili powder divided
- 0.3 cup knudsen cream light sour
- 0.5 lb extra-lean ground beef
- 4 6-inch flour tortillas ()
- 0.5 cup romaine lettuce shredded
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.8 cup milk four cheese shredded 2% mexican style divided kraft finely
- 1 large tomatoes chopped

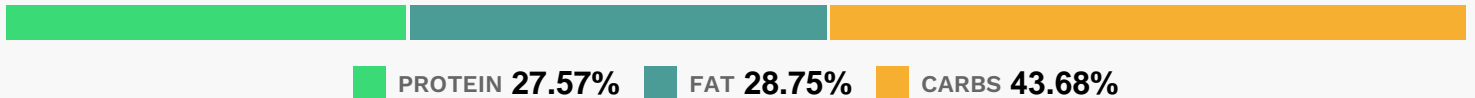
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Place tortillas in single layer on baking sheet; spray with cooking spray.
- Sprinkle evenly with 1 tsp. chili powder.
- Bake 7 to 8 min. or until crisp.
- Meanwhile, brown meat in large skillet.
- Add beans, salsa and remaining chili powder; cook 4 min. or until heated through, stirring occasionally.
- Remove from heat. Stir in half the cheese.
- Spread meat mixture onto tortillas; top with remaining cheese, lettuce, tomatoes and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:5.16, Glycemic Load:1.64, Inflammation Score:-3, Nutrition Score:4.2678261042937%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 68.21kcal (3.41%), Fat: 2.2g (3.38%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 5.59g (2.03%), Sugar: 0.6g (0.67%), Cholesterol: 10.43mg (3.48%), Sodium: 132.79mg (5.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Folate: 34.64µg (8.66%), Fiber: 1.92g (7.69%),

Phosphorus: 72.8mg (7.28%), Manganese: 0.12mg (6.04%), Zinc: 0.85mg (5.69%), Vitamin B1: 0.08mg (5.53%), Selenium: 3.69µg (5.28%), Vitamin A: 259.08IU (5.18%), Vitamin B2: 0.08mg (4.98%), Vitamin B3: 0.97mg (4.86%), Vitamin B12: 0.29µg (4.82%), Iron: 0.87mg (4.81%), Magnesium: 18.08mg (4.52%), Vitamin B6: 0.09mg (4.49%), Calcium: 41.05mg (4.11%), Potassium: 142.64mg (4.08%), Copper: 0.06mg (2.98%), Vitamin K: 2.45µg (2.33%), Vitamin B5: 0.17mg (1.71%), Vitamin E: 0.23mg (1.51%), Vitamin C: 1.16mg (1.4%)