



Chickpea-Chipotle Tostadas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce garbanzo beans rinsed canned drained
- ☐ 1 cup chicken broth
- ☐ 0.5 cup to 2 chilies slit green
- ☐ 2 chipotles in adobo minced
- ☐ 12 corn tortillas
- ☐ 5 ounces feta crumbled reduced-fat
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic clove chopped

- ☐ 0.5 head lettuce shredded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 6 plum tomatoes chopped
- ☐ 0.5 bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce cream sour
- ☐ 6 servings vegetable oil

Equipment

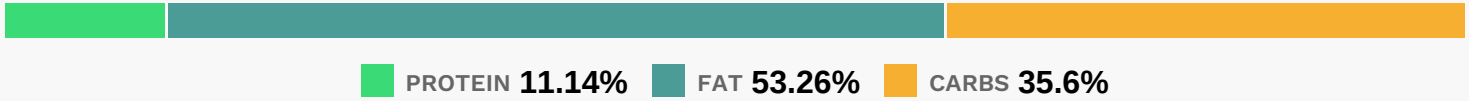
- ☐ food processor
- ☐ frying pan
- ☐ immersion blender

Directions

- ☐ Pour oil to a depth of 2 inches into a large skillet.
- ☐ Heat to 37
- ☐ Fry tortillas, 1 at a time, over medium-high heat 30 seconds on each side or until crisp and lightly browned.
- ☐ Drain and keep warm.
- ☐ Saut onion, bell pepper, and garlic in hot olive oil in a large skillet over medium-high heat 5 minutes or until tender.
- ☐ Add chickpeas and next 4 ingredients; bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Process chickpea mixture in a food processor or with a hand blender until smooth. Return mixture to skillet. Simmer, stirring occasionally, until very thick. Stir in lime juice, and cook 2 to 3 minutes.
- ☐ Stir together sour cream and salsa.
- ☐ Spread chickpea mixture evenly over tortillas. Top evenly with lettuce and tomato.
- ☐ Drizzle with sour cream mixture, and sprinkle with cheese.

- ☐ Serve immediately.
- ☐ * 1 1/2 (15-ounce) cans navy beans may be substituted for chickpeas. 2 canned jalapeo peppers and 2 drops liquid smoke may be substituted for chipotle peppers. 1/2 cup salsa may be substituted for salsa verde.

Nutrition Facts



Properties

Glycemic Index:46.97, Glycemic Load:14.14, Inflammation Score:-8, Nutrition Score:17.367826098981%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 484.77kcal (24.24%), Fat: 29.81g (45.86%), Saturated Fat: 8.39g (52.42%), Carbohydrates: 44.84g (14.95%), Net Carbohydrates: 35.69g (12.98%), Sugar: 7.31g (8.13%), Cholesterol: 35.74mg (11.91%), Sodium: 832.95mg (36.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.05%), Manganese: 0.95mg (47.59%), Vitamin K: 44.46µg (42.34%), Fiber: 9.15g (36.62%), Vitamin C: 27.56mg (33.41%), Vitamin B6: 0.6mg (29.92%), Phosphorus: 284.33mg (28.43%), Vitamin A: 1312.58IU (26.25%), Magnesium: 74.42mg (18.61%), Vitamin E: 2.38mg (15.85%), Potassium: 521.66mg (14.9%), Folate: 53.57µg (13.39%), Copper: 0.26mg (13.13%), Calcium: 128.61mg (12.86%), Iron: 2.16mg (12%), Zinc: 1.57mg (10.45%), Vitamin B2: 0.17mg (9.97%), Vitamin B1: 0.15mg (9.72%), Selenium: 6.44µg (9.2%), Vitamin B3: 1.55mg (7.75%), Vitamin B5: 0.56mg (5.62%), Vitamin B12: 0.09µg (1.45%)