



Chili Bean Tostada



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce pinto beans rinsed drained canned
- ☐ 2 teaspoons chili powder
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 teaspoon ground cumin
- ☐ 2 cups iceberg lettuce shredded
- ☐ 4 ounces cheddar cheese shredded reduced-fat
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.5 cup onion finely chopped

- ☐ 0.3 cup picante sauce
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup water

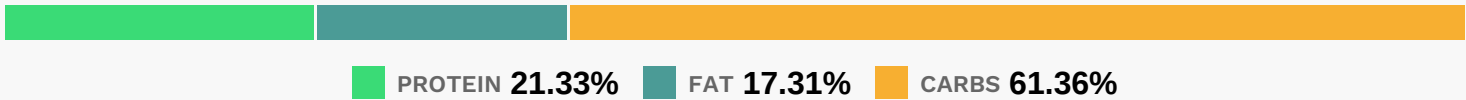
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion, and saut 3 minutes or until tender.
- ☐ Add beans and next 4 ingredients; cook 5 minutes or until mixture thickens.
- ☐ Remove from heat; cover and keep warm.
- ☐ Coat each side of tortillas lightly with cooking spray.
- ☐ Place on a baking sheet, overlapping if necessary.
- ☐ Bake at 350 for 4 minutes on each side or until lightly browned.
- ☐ Place 2 tortillas, slightly overlapping, on each of 4 plates. Top evenly with beans, lettuce, cheese, picante sauce, and sour cream.

Nutrition Facts



Properties

Glycemic Index:57.4, Glycemic Load:16.78, Inflammation Score:-7, Nutrition Score:14.984347887661%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg 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: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 301.24kcal (15.06%), Fat: 5.98g (9.21%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 47.71g (15.9%), Net Carbohydrates: 37.76g (13.73%), Sugar: 5.05g (5.61%), Cholesterol: 10.98mg (3.66%), Sodium: 642.47mg (27.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.18%), Phosphorus: 438.72mg (43.87%), Fiber: 9.96g (39.83%), Manganese: 0.65mg (32.73%), Calcium: 257.82mg (25.78%), Magnesium: 91.41mg (22.85%), Iron: 3.2mg (17.77%), Potassium: 609.23mg (17.41%), Copper: 0.32mg (15.93%), Vitamin B6: 0.3mg (15.21%), Zinc: 2.09mg (13.96%), Vitamin A: 668.84IU (13.38%), Vitamin K: 13.15µg (12.52%), Folate: 49.74µg (12.43%), Selenium: 8.25µg (11.78%), Vitamin B1: 0.15mg (10.15%), Vitamin E: 1.52mg (10.11%), Vitamin B2: 0.16mg (9.57%), Vitamin B3: 1.5mg (7.48%), Vitamin C: 3.77mg (4.56%), Vitamin B5: 0.36mg (3.62%), Vitamin B12: 0.2µg (3.32%)