



Chipotle Beef Tostadas

 **Gluten Free**

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce pinto beans drained canned
- ☐ 10 ounce canned tomatoes diced with green chiles mexican-style canned
- ☐ 1 teaspoons chipotle chile powder
- ☐ 2 cups coleslaw mix shredded
- ☐ 1 pound ground beef chuck
- ☐ 1 juice of lime for serving
- ☐ 4 servings kosher salt
- ☐ 4 servings pepper freshly ground

- ☐ 4 ounces cheddar cheese shredded
- ☐ 8 taco shells crisp (flat tortillas)
- ☐ 2 tablespoons vegetable oil
- ☐ 1 large onion white minced
- ☐ 1 medium zucchini diced yellow

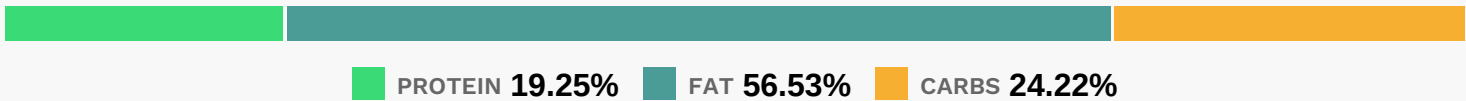
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Heat the vegetable oil in a large skillet over medium-high heat.
- ☐ Add the ground beef, half of the minced onion, 1 teaspoon salt and the chipotle chile powder; cook, stirring and breaking up the meat with a wooden spoon, until the meat is browned and the onion is tender, about 7 minutes.
- ☐ Add the tomatoes, beans and zucchini and cook, stirring occasionally, until the zucchini is just tender, about 6 minutes.
- ☐ Meanwhile, toss the coleslaw mix, lime juice, and salt and pepper to taste in a bowl.
- ☐ Divide the tostadas among plates and spoon the beef mixture on top. Top with the cheese, slaw and the remaining minced onion.
- ☐ Serve with lime wedges.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:16.16, Inflammation Score:-7, Nutrition Score:29.087391381678%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 715.04kcal (35.75%), Fat: 45.26g (69.63%), Saturated Fat: 17.09g (106.82%), Carbohydrates: 43.64g (14.55%), Net Carbohydrates: 33.97g (12.35%), Sugar: 7.65g (8.5%), Cholesterol: 108.86mg (36.29%), Sodium: 834.94mg (36.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.68g (69.35%), Phosphorus: 516mg (51.6%), Vitamin K: 50.01µg (47.63%), Zinc: 7.14mg (47.59%), Vitamin B12: 2.73µg (45.45%), Vitamin C: 33.5mg (40.61%), Vitamin B6: 0.79mg (39.51%), Fiber: 9.67g (38.66%), Selenium: 26.66µg (38.08%), Manganese: 0.75mg (37.42%), Calcium: 348.37mg (34.84%), Vitamin B3: 6.42mg (32.11%), Potassium: 1062.88mg (30.37%), Iron: 5.32mg (29.57%), Vitamin B2: 0.46mg (27.24%), Magnesium: 106.79mg (26.7%), Folate: 98.79µg (24.7%), Copper: 0.38mg (18.83%), Vitamin E: 2.62mg (17.49%), Vitamin B1: 0.26mg (17.34%), Vitamin B5: 1.12mg (11.21%), Vitamin A: 508.41IU (10.17%), Vitamin D: 0.28µg (1.89%)