



 **31%**
HEALTH SCORE

Corn, Avocado and Black Bean Tostadas

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small avocado pitted ripe peeled chopped
- 15 oz black beans drained and rinsed canned
- 8 6-inch corn tortillas
- 8 6-inch corn tortillas
- 0.5 teaspoon pepper red crushed
- 2 tablespoons cilantro leaves fresh finely chopped
- 1 cup corn frozen
- 2 teaspoons juice of lime

- 2 tablespoons olive oil
- 4 servings salt
- 0.5 cup cheddar cheese shredded

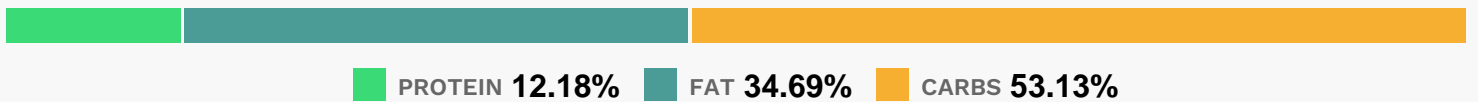
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350F. Arrange tortillas on a baking sheet, mist with cooking spray and sprinkle with salt.
- Bake until beginning to crisp, 5 to 7 minutes.
- While tortillas are toasting, combine beans, corn, avocado, cilantro, olive oil, lime juice and red pepper flakes in a large bowl. Top tortillas, still on baking sheet, with some bean and corn mixture.
- Sprinkle with Cheddar.
- Turn oven to broil and broil tostadas until cheese has melted and is beginning to brown, 1 to 2 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:20.58, Inflammation Score:-7, Nutrition Score:22.828695652278%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg,

Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 565.17kcal (28.26%), Fat: 22.82g (35.11%), Saturated Fat: 5.36g (33.47%), Carbohydrates: 78.66g (26.22%), Net Carbohydrates: 60.14g (21.87%), Sugar: 1.36g (1.51%), Cholesterol: 14.13mg (4.71%), Sodium: 751.16mg (32.66%), Alcohol: 0g (100%), Protein: 18.04g (36.07%), Fiber: 18.51g (74.05%), Phosphorus: 569.28mg (56.93%), Manganese: 0.73mg (36.54%), Magnesium: 144.3mg (36.08%), Folate: 130.66µg (32.67%), Potassium: 905.69mg (25.88%), Vitamin B6: 0.51mg (25.27%), Copper: 0.49mg (24.46%), Calcium: 230.49mg (23.05%), Iron: 3.97mg (22.05%), Vitamin B1: 0.33mg (21.88%), Vitamin B2: 0.36mg (21.3%), Zinc: 3.08mg (20.53%), Vitamin B3: 3.83mg (19.15%), Selenium: 12.31µg (17.59%), Vitamin E: 2.55mg (17.01%), Vitamin K: 16µg (15.24%), Vitamin C: 11.67mg (14.15%), Vitamin B5: 1.19mg (11.93%), Vitamin A: 311.75IU (6.24%), Vitamin B12: 0.15µg (2.5%)