



Egg and Black Bean Tostadas



Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced pitted peeled
- ☐ 0.8 cup black beans rinsed drained progresso® (from 15-oz can)
- ☐ 4 eggs
- ☐ 4 6-inch flour tortilla soft for tacos & fajitas (; from 8.2-oz package old el paso®)
- ☐ 2 tablespoons chilis green chopped old el paso® (from 4.5-oz can)
- ☐ 2 oz cheddar cheese shredded

Equipment

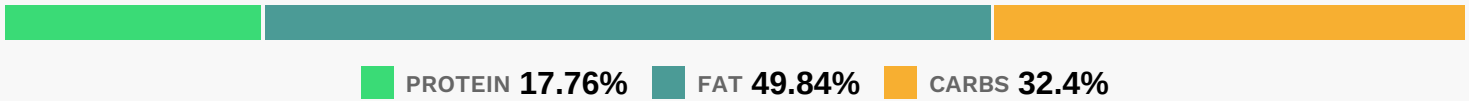
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375°F. Line 2 cookie sheets with foil or cooking parchment paper.
- ☐ Place 2 tortillas on each cookie sheet.
- ☐ Sprinkle evenly with chiles and beans, leaving room in center of tortilla for egg. Break 1 egg into custard cup or small bowl; gently transfer from cup to center of 1 tortilla. Repeat with remaining 3 eggs.
- ☐ Sprinkle each tortilla with 2 tablespoons cheese.
- ☐ Bake 10 to 15 minutes or until whites and yolks are firm, not runny. Top with avocado.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:6.6, Inflammation Score:-6, Nutrition Score:16.415652005569%

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

Nutrients (% of daily need)

Calories: 337.1kcal (16.85%), Fat: 18.98g (29.2%), Saturated Fat: 6.09g (38.08%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 20.41g (7.42%), Sugar: 1.65g (1.84%), Cholesterol: 177.85mg (59.28%), Sodium: 409.6mg (17.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.45%), Folate: 144.66µg (36.17%), Selenium: 24.82µg (35.46%), Fiber: 7.35g (29.4%), Phosphorus: 285.95mg (28.59%), Vitamin B2: 0.43mg (25.58%), Vitamin B1: 0.29mg (19.05%), Manganese: 0.38mg (18.82%), Calcium: 186.09mg (18.61%), Iron: 2.94mg (16.31%), Vitamin B5: 1.56mg (15.65%), Potassium: 475.81mg (13.59%), Magnesium: 53.15mg (13.29%), Vitamin B6: 0.26mg (13.13%), Zinc: 1.94mg (12.91%), Vitamin K: 13.18µg (12.56%), Vitamin B3: 2.45mg (12.25%), Copper: 0.23mg (11.52%), Vitamin E:

1.61mg (10.72%), Vitamin A: 464.38IU (9.29%), Vitamin C: 7.59mg (9.2%), Vitamin B12: 0.54µg (9.03%), Vitamin D: 0.96µg (6.43%)