



Fish and White Bean Tostadas

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado pitted cubed halved
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves minced
- ☐ 8 6-inch corn tortillas
- ☐ 1 clove garlic minced
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon honey

- ☐ 1 small jalapeño diced seeds removed and
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lime
- ☐ 1 lime zest juiced for garnish
- ☐ 1.5 cups navy beans cooked
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin for baking sheet
- ☐ 2 tablespoons oregano leaves dried fresh chopped or 2 teaspoons
- ☐ 14 ounce pineapple in juice drained sliced canned
- ☐ 0.5 cup purple cabbage shredded
- ☐ 0.5 onion red finely chopped
- ☐ 4 servings cup heavy whipping cream sour for garnish
- ☐ 0.3 cup vegetable oil
- ☐ 1 pound fish fillets white cut into finger-sized pieces
- ☐ 0.5 cup white wine
- ☐ 0.5 onion white yellow finely chopped

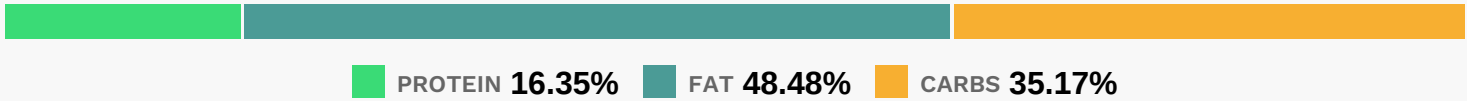
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking pan
- ☐ grill
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, combine the lime juice, zest, garlic and olive oil. Season with salt and pepper, to taste.
- ☐ Put the fish in a baking dish and pour the marinade on top. Marinate for no more than 15 to 30 minutes. Meanwhile, preheat the broiler or grill. Lightly coat a baking sheet with olive oil.
- ☐ Remove the fish from the marinade and arrange on the baking sheet, making sure to leave space between the pieces. Broil until just cooked through, about 4 to 5 minutes.
- ☐ Meanwhile, in a medium saute pan, heat the vegetable oil over medium heat. Fry the corn tortillas, 1 at a time, just until crisp, flipping halfway through to brown both sides.
- ☐ Drain on paper towels and salt while still hot.
- ☐ Layer each tostada first with
- ☐ Sauteed White Beans, then the fish. Top with the shredded cabbage and Pineapple and Avocado Salsa.
- ☐ Garnish with a dollop of sour cream and a squeeze of a lime wedge.
- ☐ In a small pan, over medium heat, add the oil. When the oil is hot add the onion with a pinch of salt and saute until soft, about 5 minutes.
- ☐ Add the garlic and cumin and cook until fragrant, about 2 minutes. Raise the heat and add the white wine. Cook until the wine has reduced by half. Stir in the beans and oregano and season with salt and pepper, to taste. Cook gently for 15 minutes.
- ☐ Transfer to a serving bowl and serve.
- ☐ In a medium bowl, make the dressing by mixing 2 tablespoons of pineapple juice with the lime juice, honey, oil and jalapeno. Season with salt and pepper, to taste.
- ☐ Add the pineapple and onion. Gently fold in the avocado and cilantro.
- ☐ Let the flavors blend for at least 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:128.29, Glycemic Load:18.16, Inflammation Score:-10, Nutrition Score:34.98260862931%

Flavonoids

Cyanidin: 23.51mg, Cyanidin: 23.51mg, Cyanidin: 23.51mg, Cyanidin: 23.51mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 827.32kcal (41.37%), Fat: 45.09g (69.37%), Saturated Fat: 7.82g (48.87%), Carbohydrates: 73.59g (24.53%), Net Carbohydrates: 56.32g (20.48%), Sugar: 22.21g (24.68%), Cholesterol: 63.78mg (21.26%), Sodium: 292.8mg (12.73%), Alcohol: 3.09g (100%), Alcohol %: 0.76% (100%), Protein: 34.21g (68.43%), Selenium: 54.38µg (77.68%), Fiber: 17.27g (69.07%), Vitamin K: 70.75µg (67.38%), Phosphorus: 525.75mg (52.57%), Manganese: 0.96mg (47.8%), Folate: 187.26µg (46.82%), Vitamin E: 5.99mg (39.93%), Magnesium: 153.16mg (38.29%), Vitamin C: 30.91mg (37.47%), Vitamin B6: 0.75mg (37.39%), Vitamin B3: 7.15mg (35.76%), Potassium: 1248.67mg (35.68%), Vitamin B12: 1.82µg (30.28%), Vitamin B1: 0.43mg (28.78%), Iron: 5.15mg (28.62%), Copper: 0.56mg (28.18%), Vitamin D: 3.52µg (23.44%), Calcium: 201.32mg (20.13%), Vitamin B2: 0.3mg (17.65%), Vitamin B5: 1.66mg (16.62%), Zinc: 2.47mg (16.48%), Vitamin A: 429IU (8.58%)