



Healthy Bean Chalupas

READY IN



45 min.

SERVINGS



8

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounce chiles green chopped canned
- 32 ounce pinto beans undrained canned
- 8 10-inch flour tortillas ()
- 1 pound ground beef lean
- 16 ounce refried beans fat-free canned
- 8 servings romaine lettuce shredded
- 8 servings condiments: salsa sour reduced-fat
- 1.5 cups mexican four-cheese blend cheese light shredded
- 1.3 ounce taco seasoning

1 large tomatoes diced

Equipment

bowl

frying pan

oven

Directions

Brown ground beef in a large deep skillet, stirring to crumble.

Drain beef well, and set aside. Wipe skillet clean.

Return beef to skillet; stir in beans, chiles, and seasoning mix.

Cook over medium-low heat, stirring often, until thoroughly heated.

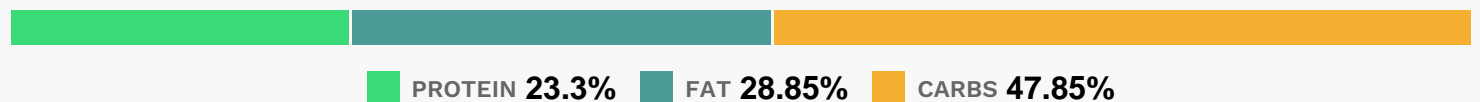
Press each tortilla into a tortilla shell pan or 1-quart oven-safe bowl.

Bake at 375 for 8 to 10 minutes or until crisp.

Place on lettuce-lined serving plates. Spoon bean mixture evenly into shells; sprinkle with cheese and diced tomato.

Serve with desired condiments.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:18.02, Inflammation Score:-10, Nutrition Score:34.936086670212%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 560.89kcal (28.04%), Fat: 17.94g (27.59%), Saturated Fat: 8.65g (54.06%), Carbohydrates: 66.91g (22.3%), Net Carbohydrates: 53.7g (19.53%), Sugar: 7.92g (8.8%), Cholesterol: 63.5mg (21.17%), Sodium: 1758.56mg

(76.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.6g (65.19%), Vitamin A: 8292.81IU (165.86%), Vitamin K: 97.16µg (92.53%), Folate: 228.84µg (57.21%), Fiber: 13.21g (52.84%), Phosphorus: 502.52mg (50.25%), Manganese: 0.87mg (43.72%), Selenium: 29.76µg (42.51%), Iron: 7.61mg (42.25%), Calcium: 387.61mg (38.76%), Vitamin B3: 7.05mg (35.27%), Vitamin B1: 0.52mg (34.66%), Zinc: 4.89mg (32.62%), Vitamin B2: 0.47mg (27.56%), Vitamin B12: 1.63µg (27.15%), Potassium: 947.27mg (27.06%), Vitamin B6: 0.47mg (23.27%), Magnesium: 87.99mg (22%), Copper: 0.36mg (18.17%), Vitamin C: 14.97mg (18.15%), Vitamin B5: 0.84mg (8.4%), Vitamin E: 1.16mg (7.75%), Vitamin D: 0.21µg (1.4%)