



Mango-Shrimp Tostadas

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz firm-ripe avocado
- ☐ 16 oz refried black beans low-fat canned
- ☐ 0.3 cup fat-skimmed chicken broth
- ☐ 4 flour tortillas (8 in.)
- ☐ 0.3 cup green onions chopped
- ☐ 3 cups iceberg lettuce shredded
- ☐ 6 tablespoons juice of lime
- ☐ 1 lb firm-ripe mango

- ☐ 0.5 cup nonfat cream sour
- ☐ 4 servings salt
- ☐ 1 teaspoon serrano chili fresh minced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Cut pit and peel from mango and discard.
- ☐ Cut fruit into small pieces and put in a bowl.
- ☐ Pit and peel avocado.
- ☐ Cut into small pieces and add to mango.
- ☐ Add lime juice, shrimp, chili, and green onions; mix gently.
- ☐ Place tortillas side by side on a 14- by 17-inch baking sheet.
- ☐ Bake in a 400 oven until crisp and lightly browned, about 10 minutes (about 9 minutes in a convection oven), turning tortillas over once after 4 to 5 minutes.
- ☐ Let cool on pan 1 to 2 minutes.
- ☐ Meanwhile, combine refried beans and broth in a microwave-safe bowl, cover, and heat in a microwave oven on full power (100%) until hot, about 1 minute.
- ☐ Place tortillas on plates.
- ☐ Spread beans equally onto tortillas. Scatter lettuce equally over beans, then top lettuce with shrimp mixture and sour cream.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:54.94, Glycemic Load:18.6, Inflammation Score:-9, Nutrition Score:30.043913017149%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 460.78kcal (23.04%), Fat: 13.99g (21.53%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 73.41g (24.47%), Net Carbohydrates: 54.96g (19.98%), Sugar: 18.91g (21.01%), Cholesterol: 2.59mg (0.86%), Sodium: 527.62mg (22.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.56g (33.13%), Folate: 329.99µg (82.5%), Fiber: 18.45g (73.81%), Vitamin C: 58.42mg (70.81%), Vitamin K: 52.26µg (49.78%), Manganese: 0.91mg (45.58%), Vitamin B1: 0.55mg (36.8%), Vitamin A: 1780.66IU (35.61%), Potassium: 1142.68mg (32.65%), Magnesium: 128.25mg (32.06%), Phosphorus: 319.39mg (31.94%), Copper: 0.56mg (28.17%), Iron: 4.43mg (24.62%), Vitamin B6: 0.46mg (22.98%), Vitamin B2: 0.36mg (20.99%), Vitamin B3: 4.14mg (20.7%), Vitamin E: 2.68mg (17.89%), Vitamin B5: 1.63mg (16.33%), Selenium: 10.98µg (15.69%), Zinc: 2.26mg (15.1%), Calcium: 150.95mg (15.09%), Vitamin B12: 0.11µg (1.91%)