



Mexicali Meatless Tostadas

READY IN



15 min.

SERVINGS



6

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz meatless patty frozen
- ☐ 8.5 oz whole-grain santa fe rice ready-to-serve
- ☐ 6 servings topping: pico de gallo
- ☐ 16 oz refried beans canned
- ☐ 8 oz mexican four-cheese blend shredded
- ☐ 3 teaspoons taco seasoning
- ☐ 12 tostada shells

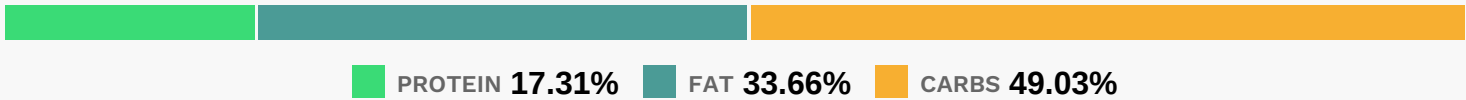
Equipment

☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Prepare crumbles according to package directions. Stir taco seasoning into hot crumble mixture. Prepare tostada shells and rice according to package directions.
- ☐ Layer refried beans, crumble mixture, and rice on tostada shells.
- ☐ Sprinkle with cheese.
- ☐ Bake at 425 for 5 to 6 minutes or until cheese is melted.
- ☐ Serve with topping.
- ☐ Note: We tested with Morning
- ☐ Star Farms Meal Starters Grillers Recipe Crumbles.

Nutrition Facts



Properties

Glycemic Index:22.03, Glycemic Load:22.99, Inflammation Score:-6, Nutrition Score:22.042608644651%

Nutrients (% of daily need)

Calories: 598.73kcal (29.94%), Fat: 22.33g (34.35%), Saturated Fat: 9.63g (60.18%), Carbohydrates: 73.17g (24.39%), Net Carbohydrates: 64.77g (23.55%), Sugar: 4.89g (5.44%), Cholesterol: 38.74mg (12.91%), Sodium: 1350.3mg (58.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.66%), Vitamin B1: 1.66mg (110.39%), Manganese: 1.1mg (55.21%), Phosphorus: 395.54mg (39.55%), Calcium: 387.48mg (38.75%), Selenium: 25.27µg (36.11%), Fiber: 8.4g (33.6%), Vitamin B12: 1.6µg (26.74%), Folate: 78.43µg (19.61%), Magnesium: 76.32mg (19.08%), Vitamin B6: 0.38mg (19.03%), Vitamin B2: 0.31mg (18.19%), Zinc: 2.7mg (17.97%), Iron: 3.1mg (17.22%), Vitamin B3: 3.32mg (16.62%), Copper: 0.26mg (13%), Potassium: 345.33mg (9.87%), Vitamin A: 419.51IU (8.39%), Vitamin B5: 0.73mg (7.28%), Vitamin C: 3.71mg (4.5%), Vitamin K: 3.37µg (3.21%), Vitamin E: 0.27mg (1.79%), Vitamin D: 0.19µg (1.26%)