



## Mexican Pita Tostadas

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounces black beans drained canned
- 1.5 teaspoons ground cumin
- 1.5 teaspoons chili powder
- 0.1 teaspoon ground pepper red (cayenne)
- 4 6-inch day old pita bread whole wheat white (es in diameter)
- 0.5 cup bell pepper chopped
- 2 tablespoons spring onion sliced
- 4 ounces monterrey jack cheese shredded

- 0.5 cup lettuce shredded
- 0.3 cup cilantro leaves fresh chopped
- 1 serving salsa
- 1 serving cream sour

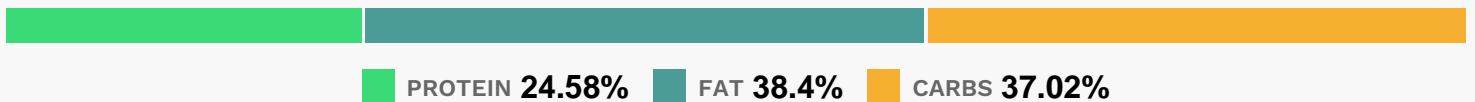
## Equipment

- food processor
- blender

## Directions

- Place beans, reserved bean liquid, cumin, chili powder and red pepper in blender or food processor. Cover and blend on high speed until smooth.
- Spread bean mixture on pita breads.
- Top with bell pepper, onions, cheese, lettuce and cilantro.
- Serve with salsa.
- Garnish with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:48, Glycemic Load:0.4, Inflammation Score:-8, Nutrition Score:14.513043429541%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 225.79kcal (11.29%), Fat: 9.88g (15.2%), Saturated Fat: 5.85g (36.54%), Carbohydrates: 21.42g (7.14%), Net Carbohydrates: 12.92g (4.7%), Sugar: 1.69g (1.88%), Cholesterol: 27mg (9%), Sodium: 652.11mg (28.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.45%), Vitamin C: 28.09mg (34.04%), Fiber: 8.5g (34.01%),

Calcium: 269.42mg (26.94%), Phosphorus: 261.74mg (26.17%), Vitamin A: 1262.98IU (25.26%), Folate: 84.87µg (21.22%), Manganese: 0.36mg (17.89%), Iron: 3.1mg (17.23%), Vitamin B2: 0.28mg (16.39%), Vitamin K: 14.38µg (13.69%), Magnesium: 54.74mg (13.68%), Potassium: 471.26mg (13.46%), Copper: 0.25mg (12.31%), Vitamin B1: 0.18mg (12.18%), Zinc: 1.61mg (10.75%), Selenium: 6.37µg (9.1%), Vitamin B6: 0.18mg (9.03%), Vitamin E: 0.87mg (5.8%), Vitamin B3: 1.15mg (5.77%), Vitamin B12: 0.24µg (4.03%), Vitamin B5: 0.37mg (3.72%), Vitamin D: 0.17µg (1.13%)