



Mexican Pita Tostadas

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bell pepper chopped
- ☐ 15 ounces black beans drained canned
- ☐ 1.5 teaspoons chili powder
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons spring onion sliced
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.1 teaspoon ground pepper red (cayenne)

- ☐ 0.5 cup lettuce shredded
- ☐ 4 6-inch day old pita bread whole wheat white (es in diameter)
- ☐ 4 servings salsa
- ☐ 4 servings cream sour

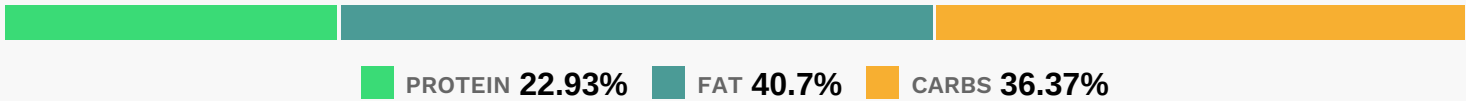
Equipment

- ☐ 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:15.672608785007%

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: 250.57kcal (12.53%), Fat: 11.67g (17.95%), Saturated Fat: 6.76g (42.26%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 14.52g (5.28%), Sugar: 2.91g (3.24%), Cholesterol: 32.31mg (10.77%), Sodium: 812.34mg (35.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.58%), Fiber: 8.93g (35.74%), Vitamin C:

28.62mg (34.69%), Vitamin A: 1434.25IU (28.68%), Calcium: 285.23mg (28.52%), Phosphorus: 276.26mg (27.63%), Folate: 86.37µg (21.59%), Manganese: 0.39mg (19.29%), Iron: 3.21mg (17.83%), Vitamin B2: 0.3mg (17.74%), Potassium: 544.43mg (15.56%), Magnesium: 59.24mg (14.81%), Vitamin K: 15.52µg (14.78%), Copper: 0.26mg (13.17%), Vitamin B1: 0.19mg (12.86%), Vitamin B6: 0.23mg (11.33%), Zinc: 1.69mg (11.27%), Selenium: 6.92µg (9.88%), Vitamin E: 1.2mg (7.98%), Vitamin B3: 1.43mg (7.15%), Vitamin B5: 0.45mg (4.5%), Vitamin B12: 0.26µg (4.34%), Vitamin D: 0.17µg (1.13%)