



Mexican Pocket Bread Tostadas

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces grilled tender beef steak sliced (see notes)
- ☐ 3 cups cabbage shredded finely
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 7 oz chilies diced green canned
- ☐ 4 pocket breads ()
- ☐ 0.5 cup onion red chopped
- ☐ 16 oz nonfat refried beans canned
- ☐ 0.8 cup tomato salsa
- ☐ 4 servings salt and pepper

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0.3 lb cheddar cheese shredded reduced-fat

Equipment

☐

baking sheet

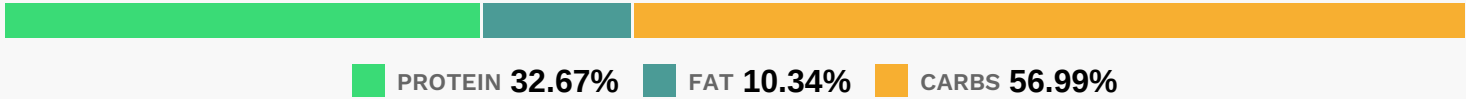
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oven

Directions

- ☐
- Arrange pocket breads slightly apart on a 14- by 17-inch baking sheet.
- ☐
- Spread 1/4 of the beans evenly on each round.
- ☐
- Top beans equally with chicken, onion, chilies, and cheese.
- ☐
- Bake in a 425 regular or convection oven until pocket breads are crisp and cheese is melted, about 8 minutes (6 minutes in a convection oven).
- ☐
- Transfer each round to a plate. Mound cabbage equally on rounds and top with cilantro.
- ☐
- Serve tostadas with salsa and salt and pepper to add to taste.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:34.81, Inflammation Score:-8, Nutrition Score:23.78695679618%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 404.75kcal (20.24%), Fat: 4.57g (7.03%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 56.66g (18.89%), Net Carbohydrates: 47.33g (17.21%), Sugar: 10.01g (11.13%), Cholesterol: 42.1mg (14.03%), Sodium: 1686.39mg (73.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.48g (64.97%), Vitamin C: 93.45mg (113.28%), Vitamin K: 55.47µg (52.83%), Vitamin B3: 8.38mg (41.88%), Fiber: 9.32g (37.3%), Vitamin B6: 0.72mg (35.79%), Phosphorus: 345.83mg (34.58%), Manganese: 0.55mg (27.25%), Calcium: 257.27mg (25.73%), Selenium: 16.81µg

(24.01%), Vitamin A: 1054.85IU (21.1%), Iron: 3.41mg (18.93%), Vitamin B1: 0.28mg (18.54%), Potassium: 609.21mg (17.41%), Vitamin B2: 0.25mg (14.9%), Folate: 59.24µg (14.81%), Magnesium: 58.98mg (14.74%), Copper: 0.24mg (11.95%), Zinc: 1.78mg (11.85%), Vitamin B5: 1.03mg (10.3%), Vitamin E: 1.2mg (8.01%), Vitamin B12: 0.28µg (4.72%)