



Mexican Ricotta Spread with Grilled Tortillas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves finely chopped
- ☐ 15 ounces part-skim ricotta
- ☐ 0.5 cup jalapeño peppers drained chopped (such as La Costeña brand)
- ☐ 0.5 teaspoon salt
- ☐ 6 6-inch corn tortillas white ()

Equipment

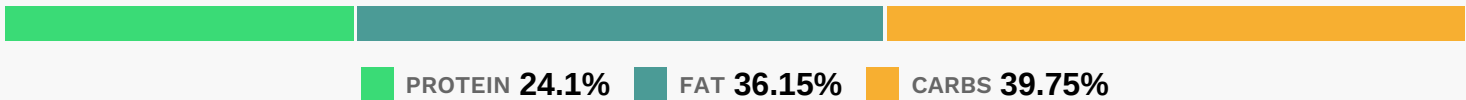
- ☐ bowl

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ In a medium bowl, mix ricotta; pickled jalapeos, carrots, and onions; cilantro; salt; and black pepper; set aside. Next, heat a grill pan over medium-high heat. Arrange tortillas in a single layer in the pan (you may need to do this in 2 batches) and cook until the tortillas are crisp, about 4-5 minutes per side.
- ☐ Serve the grilled tortillas with the ricotta spread.

Nutrition Facts



Properties

Glycemic Index:14.31, Glycemic Load:3.8, Inflammation Score:-3, Nutrition Score:4.9682608518911%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 118.81kcal (5.94%), Fat: 4.85g (7.46%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 12g (4%), Net Carbohydrates: 10.48g (3.81%), Sugar: 0.52g (0.58%), Cholesterol: 16.48mg (5.49%), Sodium: 362.69mg (15.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.54%), Calcium: 163.6mg (16.36%), Phosphorus: 160.48mg (16.05%), Selenium: 10.11µg (14.45%), Vitamin A: 357.12IU (7.14%), Vitamin B2: 0.11mg (6.76%), Zinc: 1mg (6.67%), Fiber: 1.52g (6.06%), Magnesium: 23.75mg (5.94%), Manganese: 0.11mg (5.56%), Iron: 0.66mg (3.67%), Vitamin B6: 0.07mg (3.52%), Potassium: 122.99mg (3.51%), Copper: 0.06mg (3.21%), Vitamin B12: 0.15µg (2.57%), Folate: 9.18µg (2.29%), Vitamin B1: 0.03mg (2.23%), Vitamin K: 2.19µg (2.08%), Vitamin B5: 0.19mg (1.89%), Vitamin B3: 0.37mg (1.86%), Vitamin C: 0.88mg (1.06%), Vitamin E: 0.16mg (1.04%)