



Mexican Ricotta Spread with Grilled Tostadas

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



192 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 teaspoon ground pepper
- ☐ 0.5 cup jalapeño peppers canned drained chopped (recommended: La Costena)
- ☐ 1 pound ricotta cheese whole
- ☐ 1 teaspoon salt
- ☐ 6 corn tortillas white

Equipment

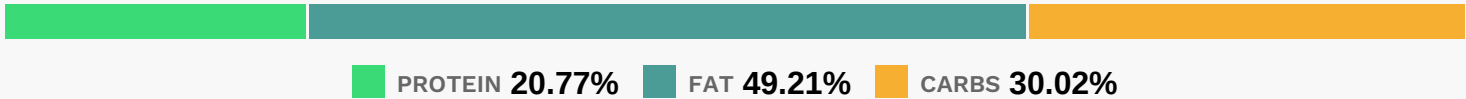
- ☐ bowl

- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, mix the requeson, pickled vegetables and cilantro to combine. Season with salt and pepper.
- ☐ Prepare a barbecue or grill pan to medium-high. Arrange the tortillas in a single layer on the grill. Cook until the tortillas are crisp, 5 minutes per side.
- ☐ Serve with the requeson spread.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:5.69, Inflammation Score:-4, Nutrition Score:6.4904349057571%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 192.15kcal (9.61%), Fat: 10.67g (16.42%), Saturated Fat: 6.4g (40.03%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 12.63g (4.59%), Sugar: 0.68g (0.75%), Cholesterol: 38.56mg (12.85%), Sodium: 652.29mg (28.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.27%), Phosphorus: 203.72mg (20.37%), Calcium: 181.96mg (18.2%), Selenium: 12.61µg (18.02%), Vitamin A: 540.42IU (10.81%), Vitamin B2: 0.17mg (9.97%), Zinc: 1.26mg (8.41%), Fiber: 2.02g (8.08%), Magnesium: 29.35mg (7.34%), Manganese: 0.15mg (7.31%), Vitamin B6: 0.11mg (5.61%), Iron: 0.86mg (4.77%), Potassium: 154.82mg (4.42%), Vitamin B12: 0.26µg (4.28%), Copper: 0.08mg (3.87%), Vitamin K: 3.25µg (3.1%), Folate: 12.1µg (3.02%), Vitamin B1: 0.04mg (2.64%), Vitamin B3: 0.52mg (2.6%), Vitamin B5: 0.24mg (2.42%), Vitamin E: 0.24mg (1.61%), Vitamin C: 1.17mg (1.42%), Vitamin D: 0.15µg (1.01%)