



## Mexican Tostada



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 servings olive oil extra virgin
- ☐ 12 corn tortillas
- ☐ 4 servings salt
- ☐ 0.5 head iceberg lettuce with salt and vinegar (no oil) sliced thin
- ☐ 2 medium tomatoes chopped
- ☐ 1 to 2 avocados pitted peeled chopped
- ☐ 8 ounces queso fresco and/or cotija cheese grated crumbled
- ☐ 1 cup salsa sliced

- ☐ 1 handful cilantro leaves fresh chopped
- ☐ 3 from 2 15-ounce cans homemade

## Equipment

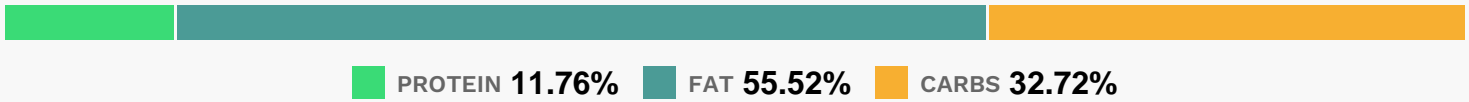
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ spatula
- ☐ tongs

## Directions

- ☐ Warm the refried beans: Warm the refried beans in a frying pan on medium heat, until warm. If you are using regular canned beans, drain them, then add them to the pan with a little water, mash them as you heat them.
- ☐ For extra flavor for the beans you can stir in a tablespoon of bacon fat to them and/or a big slice of cheddar cheese.
- ☐ Keep the beans on warm while you prepare the tortillas, adding water to them as necessary to keep a creamy consistency.
- ☐ Dry the tortillas in oven: To help the tortillas fry up better, dry them in the oven by laying them out on an oven rack and cooking them at 250°F for 10 minutes or so.
- ☐ Pour enough oil into a frying pan so that you have a quarter inch layer of oil.
- ☐ Heat the oil on medium high heat until sizzling hot, but not smoking.
- ☐ One at a time, fry the tortillas in the oil. Bubbles should form in the tortilla immediately as you put the tortilla in the oil, otherwise the oil is not hot enough.
- ☐ Fry until golden brown on both sides, cooking about 30 seconds to a minute per side. Use metal tongs or a spatula to push the tortilla down in the oil, and to turn and lift the tortilla out of the pan, draining the excess oil as you do so. (The tortilla should be fairly stiff and crisp. If not, the oil is not hot enough.)
- ☐ Place the tortilla on a paper towel-lined plate, to absorb the excess oil.

- ☐ Sprinkle with a little salt.
- ☐ Put the cooked tortillas on a rimmed baking sheet and place in a 250°F oven to keep warm.
- ☐ Add more oil to the pan as needed, taking care that the oil heats sufficiently before adding a tortilla to the pan.
- ☐ Serve with toppings: To serve, place toppings in separate bowls, with a larger serving dish for the beans. Bring out the tostada shells in batches, keeping those unused warm in the oven.
- ☐ To prepare a tostada, spread a large spoonful of mashed beans over a tostada shell.
- ☐ Sprinkle on cheese and other toppings (sliced lettuce, avocados, salsa, etc.)
- ☐ Don't load the tostada too much or you'll find it difficult to eat. Eat by picking up the tostada with both hands (like a pizza slice).

## Nutrition Facts



## Properties

Glycemic Index:57.88, Glycemic Load:16.49, Inflammation Score:-9, Nutrition Score:24.195651966593%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

## Nutrients (% of daily need)

Calories: 583.82kcal (29.19%), Fat: 37.45g (57.62%), Saturated Fat: 10.71g (66.96%), Carbohydrates: 49.66g (16.55%), Net Carbohydrates: 38.6g (14.04%), Sugar: 7.78g (8.65%), Cholesterol: 39.12mg (13.04%), Sodium: 1099.48mg (47.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.7%), Phosphorus: 538.86mg (53.89%), Vitamin K: 46.47µg (44.26%), Fiber: 11.06g (44.23%), Calcium: 427.78mg (42.78%), Vitamin A: 1762.54IU (35.25%), Vitamin E: 4.76mg (31.7%), Manganese: 0.57mg (28.31%), Vitamin B6: 0.54mg (26.82%), Magnesium: 105.84mg (26.46%), Potassium: 875.78mg (25.02%), Selenium: 16.56µg (23.66%), Zinc: 3.15mg (20.98%), Vitamin C: 16.84mg (20.41%), Folate: 80.56µg (20.14%), Copper: 0.33mg (16.6%), Vitamin B3: 3.25mg (16.23%), Vitamin B12: 0.95µg (15.88%), Vitamin B2: 0.27mg (15.59%), Vitamin B1: 0.2mg (13.64%), Vitamin B5: 1.24mg (12.39%), Iron: 2.17mg (12.05%), Vitamin D: 1.53µg (10.21%)