



Mini Tostadas

 Vegetarian

READY IN



35 min.

SERVINGS



40

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 1 serving pam original flavor shopping list
- ☐ 16 oz refried beans traditional canned
- ☐ 0.5 cup spring onion sliced
- ☐ 8 oz cheddar cheese shredded finely
- ☐ 0.7 cup cream sour

Equipment

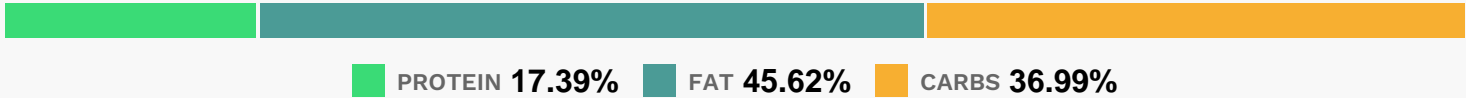
- ☐ baking sheet

☐ oven

Directions

- ☐ Place oven rack in lowest rack position; heat oven to 400°F. Spray one side of each tortilla with cooking spray. With 2 1/2-inch round cutter, cut 5 rounds from each tortilla (if desired, stack 2 tortillas to cut).
- ☐ On ungreased large cookie sheets, place tortilla rounds with sprayed sides down.
- ☐ Spread each round with beans. Set aside 1 tablespoon of the onions.
- ☐ Sprinkle rounds with remaining onions and cheese.
- ☐ Bake on lowest oven rack 11 to 13 minutes or until bottoms are crisp and cheese is melted and bubbly. Top each with about 1 teaspoon sour cream and some of the reserved onions.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:1.8669565106216%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 59.76kcal (2.99%), Fat: 2.99g (4.6%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.67g (1.7%), Sugar: 0.8g (0.89%), Cholesterol: 7.65mg (2.55%), Sodium: 158.39mg (6.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Calcium: 57.26mg (5.73%), Phosphorus: 44.27mg (4.43%), Selenium: 2.74µg (3.91%), Vitamin K: 3.35µg (3.19%), Fiber: 0.78g (3.13%), Vitamin B1: 0.04mg (2.8%), Vitamin B2: 0.05mg (2.79%), Iron: 0.44mg (2.44%), Folate: 9.1µg (2.27%), Manganese: 0.04mg (2.11%), Vitamin B3: 0.36mg (1.81%), Vitamin A: 83.12IU (1.66%), Zinc: 0.23mg (1.53%), Vitamin B12: 0.08µg (1.3%)