



 **12%**
HEALTH SCORE

Pinto Bean Nachos

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup avocado diced peeled
- 30 ounce pinto beans undrained canned
- 1 tablespoon canola oil
- 1 teaspoon chili powder
- 12 6-inch corn tortillas quartered ()
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- 6 tablespoons cilantro leaves fresh chopped
- 2 garlic clove minced

- 2 teaspoons ground cumin
- 4 ounces queso fresco crumbled
- 1 cup salsa

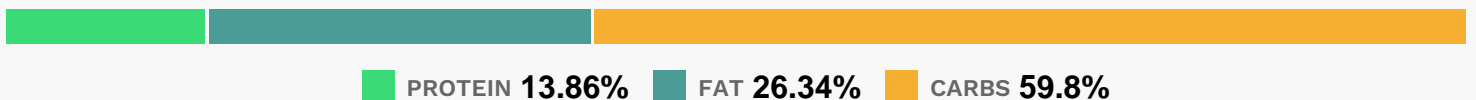
Equipment

- baking sheet
- sauce pan
- oven
- potato masher

Directions

- Preheat oven to 425
- Arrange half of tortilla wedges in a single layer on a large baking sheet; lightly coat wedges with cooking spray.
- Bake at 425 for 8 minutes or until crisp. Repeat procedure with remaining tortilla wedges and cooking spray.
- Heat oil in a medium saucepan over medium-high heat.
- Add cumin, chili powder, and garlic; cook for 30 seconds, stirring constantly.
- Add pinto beans, and bring to a boil, stirring frequently. Reduce heat to medium, and simmer 10 minutes. Partially mash bean mixture with a potato masher until slightly thick.
- Place 8 chips on each of 6 plates. Spoon about 1/2 cup bean mixture evenly over tortilla chips on each plate; top each serving with about 2 1/2 tablespoons queso fresco, 2 1/2 tablespoons salsa, and 2 1/2 tablespoons avocado.
- Sprinkle each serving with 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:27.15, Inflammation Score:-7, Nutrition Score:20.990869439167%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 477.68kcal (23.88%), Fat: 14.55g (22.38%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 74.32g (24.77%), Net Carbohydrates: 58.58g (21.3%), Sugar: 4.67g (5.19%), Cholesterol: 13.04mg (4.35%), Sodium: 861.58mg (37.46%), Alcohol: 0g (0%), Protein: 17.23g (34.46%), Fiber: 15.75g (62.98%), Phosphorus: 562.65mg (56.26%), Manganese: 0.92mg (46.16%), Magnesium: 143.23mg (35.81%), Calcium: 282.35mg (28.24%), Vitamin B6: 0.51mg (25.52%), Potassium: 866.61mg (24.76%), Copper: 0.48mg (24.23%), Iron: 4.24mg (23.58%), Zinc: 2.95mg (19.67%), Vitamin E: 2.78mg (18.56%), Folate: 62.96µg (15.74%), Selenium: 10.73µg (15.33%), Vitamin B3: 2.95mg (14.73%), Vitamin B1: 0.22mg (14.57%), Vitamin K: 13.54µg (12.9%), Vitamin A: 533.29IU (10.67%), Vitamin B2: 0.18mg (10.38%), Vitamin B5: 0.82mg (8.2%), Vitamin C: 4.79mg (5.81%), Vitamin B12: 0.32µg (5.29%), Vitamin D: 0.51µg (3.4%)