



Pinto Bean Nachos



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



364 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 ()
- ☐ 6 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons ground cumin

- ☐ 4 ounces queso fresco crumbled
- ☐ 1 cup bottled salsa

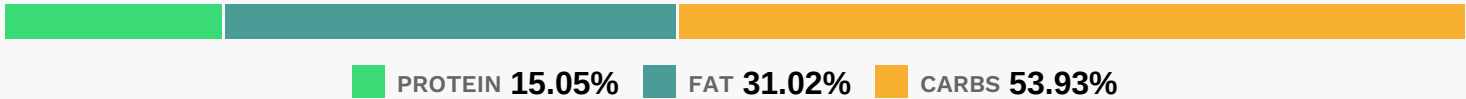
Equipment

- ☐ 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:33.75, Glycemic Load:17.09, Inflammation Score:-7, Nutrition Score:17.169565200806%

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: 364.32kcal (18.22%), Fat: 13.07g (20.1%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 51.13g (17.04%), Net Carbohydrates: 38.66g (14.06%), Sugar: 4.21g (4.68%), Cholesterol: 13.04mg (4.35%), Sodium: 838.18mg (36.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.53%), Fiber: 12.47g (49.88%), Phosphorus: 399.37mg (39.94%), Manganese: 0.75mg (37.69%), Magnesium: 105.79mg (26.45%), Calcium: 240.23mg (24.02%), Potassium: 769.89mg (22%), Copper: 0.4mg (20.23%), Iron: 3.6mg (20.03%), Vitamin B6: 0.4mg (19.83%), Vitamin E: 2.64mg (17.59%), Zinc: 2.27mg (15.13%), Folate: 60.36µg (15.09%), Vitamin K: 13.54µg (12.9%), Vitamin B1: 0.17mg (11.32%), Vitamin B3: 2.17mg (10.83%), Selenium: 7.56µg (10.8%), Vitamin A: 532.25IU (10.65%), Vitamin B2: 0.14mg (8.39%), Vitamin B5: 0.76mg (7.63%), Vitamin C: 4.79mg (5.81%), Vitamin B12: 0.32µg (5.29%), Vitamin D: 0.51µg (3.4%)