



Roasted vegetable & feta tostada

 Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 325 g pack grilled vegetables frozen (we used Ocado essentials)
- ☐ 1 tsp mexican seasoning
- ☐ 1 small avocado peeled chopped
- ☐ 1 juice of lime
- ☐ 75 g cherry tomatoes halved
- ☐ 2 small flour tortillas
- ☐ 2 handfuls rocket
- ☐ 2 tbsp feta cheese light crumbled

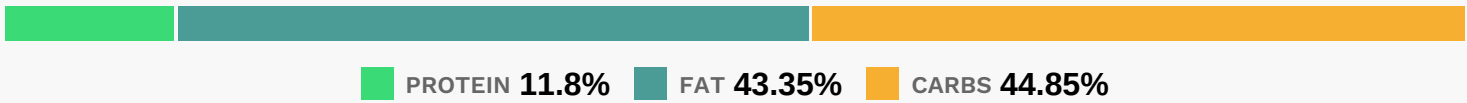
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ In a roasting tin, season the frozen vegetables and toss with the Mexican seasoning, then roast in the oven for 15 mins, until hot. Meanwhile, mix the avocado, lime juice and tomatoes with some seasoning, then set aside.
- ☐ Put the tortillas on a baking sheet and cook above the vegetables for the final 5 mins of cooking time until crisp.
- ☐ Transfer the crispy tortillas to plates, scatter with rocket and top with the roasted vegetables.
- ☐ Add some of the avocado salsa and sprinkle over the feta.

Nutrition Facts



Properties

Glycemic Index:91.5, Glycemic Load:12.68, Inflammation Score:-10, Nutrition Score:31.504347767519%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 423.68kcal (21.18%), Fat: 21.96g (33.78%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 51.12g (17.04%), Net Carbohydrates: 35.15g (12.78%), Sugar: 3.47g (3.86%), Cholesterol: 15.13mg (5.04%), Sodium: 508.45mg (22.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.9%), Vitamin A: 9177.62IU (183.55%), Fiber:

15.97g (63.89%), Vitamin K: 61.83µg (58.89%), Vitamin C: 43.06mg (52.19%), Folate: 193.79µg (48.45%),
Manganese: 0.92mg (46.07%), Vitamin B2: 0.54mg (31.62%), Vitamin B1: 0.47mg (31.54%), Potassium: 1084.12mg
(30.97%), Phosphorus: 293.87mg (29.39%), Vitamin B6: 0.58mg (28.99%), Vitamin B3: 5.67mg (28.37%), Iron:
4.76mg (26.46%), Calcium: 257.88mg (25.79%), Magnesium: 98.6mg (24.65%), Copper: 0.44mg (22.08%), Vitamin
B5: 2.05mg (20.51%), Vitamin E: 2.89mg (19.27%), Selenium: 10.67µg (15.24%), Zinc: 2.25mg (14.99%), Vitamin B12:
0.29µg (4.79%)