



WHATSheATE



Roasted Vegetable Tostadas with Chipotle Cream



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon agave nectar
- ☐ 3 cups butternut squash diced peeled seeded
- ☐ 1 chipotle pepper diced canned finely
- ☐ 1 cup egg-free mayonnaise sour refrigerated such as vegenaïse
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1.5 teaspoons oregano dried
- ☐ 1 bell pepper red cored seeded cut into 1/2-inch pieces
- ☐ 2 medium zucchini cut into 1/2-inch cubes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven and preheat to 400 degrees F. Spray a heavy baking sheet with vegetable oil cooking spray or line with parchment paper.
- ☐ For the vegetables: Toss the zucchini, bell pepper, squash, oil, cumin, oregano and salt in a medium bowl.
- ☐ Spread the mixture in a single layer on the prepared baking sheet. Roast until the vegetables are golden and tender, 25 to 30 minutes.
- ☐ Brush both sides of the tortillas with the oil using a pastry brush.
- ☐ Heat a 12-inch nonstick skillet over medium heat. Working in batches, cook the tortillas until crispy, 2 to 3 minutes on each side.
- ☐ Drain on paper towels.
- ☐ Mix the pepper, sour cream, lime juice and agave until smooth in a small bowl.
- ☐ Spoon the vegetables on top of the tostadas and serve with a dollop of the chipotle cream.

Nutrition Facts



 **PROTEIN 3.61%**  **FAT 59.3%**  **CARBS 37.09%**

Properties

Glycemic Index:12, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:15.186086810153%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 202.77kcal (10.14%), Fat: 14.16g (21.78%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 16.17g (5.88%), Sugar: 9.35g (10.39%), Cholesterol: 3.46mg (1.15%), Sodium: 701.42mg (30.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Vitamin A: 8211IU (164.22%), Vitamin C: 52.88mg (64.09%), Vitamin K: 25.18µg (23.98%), Vitamin E: 3.36mg (22.43%), Manganese: 0.34mg (16.82%), Fiber: 3.75g (14.99%), Potassium: 499.05mg (14.26%), Vitamin B6: 0.28mg (14.25%), Folate: 45.71µg (11.43%), Magnesium: 42.73mg (10.68%), Iron: 1.63mg (9.04%), Vitamin B1: 0.12mg (7.86%), Vitamin B3: 1.4mg (6.99%), Calcium: 62.68mg (6.27%), Vitamin B2: 0.11mg (6.21%), Phosphorus: 59.44mg (5.94%), Copper: 0.11mg (5.31%), Vitamin B5: 0.48mg (4.84%), Zinc: 0.43mg (2.88%), Selenium: 0.7µg (1.01%)