



Seven Layer Tortilla Pie

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



482 kcal

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 30 ounce pinto beans drained and rinsed canned
- ☐ 7 8-inch flour tortillas ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 cups cheddar cheese shredded reduced-fat
- ☐ 1 cup salsa
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 cup tomatoes chopped

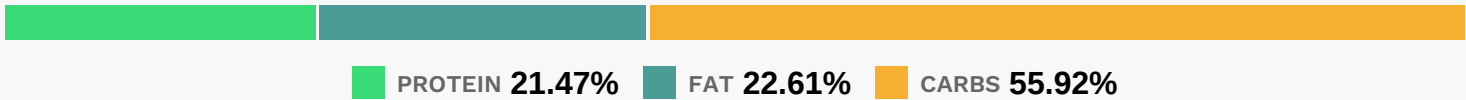
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl, mash pinto beans. Stir in 3/4 cup salsa and garlic.
- ☐ In a separate bowl, mix together 1/4 cup salsa, cilantro, black beans and tomatoes.
- ☐ Place 1 tortilla in a pie plate or tart dish.
- ☐ Spread 3/4 cup pinto bean mixture over tortilla to within 1/2 inch of edge. Top with 1/4 cup cheese, and cover with another tortilla.
- ☐ Spread with 2/3 cup black bean mixture, and top with 1/4 cup cheese. Repeat layering twice. Cover with remaining tortilla, and spread with remaining pinto bean mixture and cheese.
- ☐ Cover with foil, and bake in preheated oven for about 40 minutes.
- ☐ Cut into wedges, and serve with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:16.25, Inflammation Score:-7, Nutrition Score:23.007826183153%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 482.23kcal (24.11%), Fat: 12.22g (18.8%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 67.99g (22.66%), Net Carbohydrates: 53.55g (19.47%), Sugar: 6.49g (7.21%), Cholesterol: 19.22mg (6.41%), Sodium: 1611.54mg (70.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.22%), Fiber: 14.45g (57.79%), Phosphorus:

544.84mg (54.48%), Manganese: 0.99mg (49.73%), Calcium: 369.25mg (36.92%), Folate: 142.18µg (35.55%), Vitamin B1: 0.5mg (33.49%), Iron: 6mg (33.31%), Selenium: 20.89µg (29.85%), Magnesium: 100.77mg (25.19%), Potassium: 878.64mg (25.1%), Vitamin B2: 0.41mg (24.03%), Copper: 0.48mg (23.89%), Vitamin B3: 4.05mg (20.27%), Zinc: 2.36mg (15.74%), Vitamin B6: 0.3mg (15.13%), Vitamin K: 11.01µg (10.48%), Vitamin A: 520.73IU (10.41%), Vitamin E: 1.5mg (10.02%), Vitamin C: 5.95mg (7.21%), Vitamin B5: 0.66mg (6.59%), Vitamin B12: 0.22µg (3.75%)