



Skinny Southwestern Breakfast Tostadas

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 6-inch corn tortillas ()
- 0.5 cup black beans canned rinsed drained
- 0.5 cup eggs refrigerated frozen thawed
- 1 tablespoon skim milk fat-free
- 0.1 teaspoon pepper black
- 1 Dash salt
- 1 stick pam original flavor shopping list
- 0.5 cup tomatoes chopped

- 2 tablespoons monterrey jack cheese shredded crumbled
- 2 tablespoons greek yogurt fat-free
- 2 teaspoons cilantro leaves fresh snipped

Equipment

- bowl
- frying pan
- whisk
- potato masher
- spatula

Directions

- Warm tortillas according to package directions. Meanwhile, in a small bowl use a potato masher or fork to slightly mash beans; set aside. In another small bowl or 1-cup glass measure combine eggs, milk, pepper, and salt. Beat with a wire whisk or rotary beater.
- Lightly coat an unheated medium nonstick skillet with nonstick cooking spray. Preheat over medium heat.
- Pour egg mixture into hot skillet. Cook, without stirring, until egg mixture begins to set. Run a spatula around edge of skillet, lifting egg mixture so that the uncooked portion flows underneath. Continue cooking about 2 minutes more or until egg mixture is cooked through but is still glossy and moist.
- Remove from heat.
- Spread one tortilla with mashed beans. Top with the remaining tortilla, cooked egg mixture, tomato, cheese, and snipped cilantro.
- Cut in half to serve. If desired, fold each portion in half. Top with yogurt and cilantro.

Nutrition Facts



PROTEIN 26.74% **FAT 37.61%** **CARBS 35.65%**

Properties

Glycemic Index:106.38, Glycemic Load:5.57, Inflammation Score:-6, Nutrition Score:13.543478271236%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 242.68kcal (12.13%), Fat: 10.21g (15.7%), Saturated Fat: 4.05g (25.32%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 16.68g (6.07%), Sugar: 2.35g (2.62%), Cholesterol: 235.87mg (78.62%), Sodium: 353.17mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.65%), Selenium: 23.89µg (34.12%), Phosphorus: 330.38mg (33.04%), Vitamin B2: 0.44mg (26.15%), Fiber: 5.09g (20.35%), Calcium: 175.64mg (17.56%), Folate: 64.75µg (16.19%), Vitamin A: 740.81IU (14.82%), Iron: 2.4mg (13.32%), Manganese: 0.26mg (13.18%), Vitamin B12: 0.77µg (12.87%), Magnesium: 50.65mg (12.66%), Zinc: 1.84mg (12.23%), Vitamin B6: 0.24mg (11.8%), Vitamin B5: 1.17mg (11.72%), Potassium: 396.88mg (11.34%), Copper: 0.2mg (9.81%), Vitamin D: 1.36µg (9.05%), Vitamin B1: 0.13mg (8.79%), Vitamin C: 6.29mg (7.63%), Vitamin E: 0.94mg (6.29%), Vitamin B3: 0.98mg (4.88%), Vitamin K: 3.89µg (3.7%)