



Soft Black Bean Tostadas

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup avocado peeled chopped
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 4 8-inch flour tortilla ()
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup lettuce shredded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons juice of lime fresh

- ☐ 3 ounces monterrey jack cheese
- ☐ 1 cup chicken breast shredded boneless skinless
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cream fat-free sour
- ☐ 0.5 cup tomatoes seeded chopped
- ☐ 2 tablespoons water

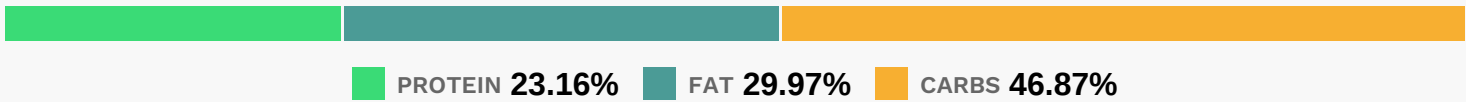
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ blender
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ To prepare salsa, combine first 5 ingredients in a small bowl. Toss gently, and set aside.
- ☐ Combine 2 tablespoons water, lime juice, cumin, salt, ground red pepper, and black beans in a blender; process until smooth.
- ☐ Place tortillas on a baking sheet, and spread about 1/4 cup black bean mixture evenly over each tortilla. Top each evenly with 1/4 cup chicken and 3 tablespoons cheese. Broil 2 minutes or until cheese melts and tortilla edges are just beginning to brown.
- ☐ Top each tortilla with 1/4 cup lettuce, 1/4 cup salsa, and 2 tablespoons sour cream.
- ☐ Cut each tortilla into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:8.53, Inflammation Score:-7, Nutrition Score:22.886086780092%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 437.64kcal (21.88%), Fat: 14.7g (22.62%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 40.67g (14.79%), Sugar: 3.41g (3.78%), Cholesterol: 45.51mg (15.17%), Sodium: 1219.27mg (53.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.13%), Phosphorus: 443.31mg (44.33%), Fiber: 11.06g (44.25%), Selenium: 29.52µg (42.17%), Folate: 149.57µg (37.39%), Vitamin B3: 7.39mg (36.94%), Calcium: 324.13mg (32.41%), Vitamin B1: 0.48mg (31.91%), Manganese: 0.6mg (30%), Vitamin B2: 0.48mg (27.96%), Iron: 4.66mg (25.91%), Vitamin K: 27.09µg (25.8%), Vitamin B6: 0.47mg (23.64%), Potassium: 779.43mg (22.27%), Magnesium: 78.68mg (19.67%), Copper: 0.34mg (17.07%), Vitamin C: 12.49mg (15.14%), Zinc: 2.07mg (13.8%), Vitamin A: 621.7IU (12.43%), Vitamin B5: 1.17mg (11.69%), Vitamin B12: 0.34µg (5.63%), Vitamin E: 0.73mg (4.87%), Vitamin D: 0.17µg (1.1%)