



Spaghetti Squash Tostadas

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans canned (do not drain)
- 1 pint cherry tomatoes halved
- 1 teaspoon chipotle chile powder
- 2.5 teaspoons chili powder
- 8 corn tortillas
- 4 servings cilantro leaves fresh for topping
- 4 servings kosher salt and pepper freshly ground
- 4 servings lime wedges for serving

- 1 large onion red cut into 1/2-inch wedges
- 0.5 cup cup heavy whipping cream sour
- 0.5 spaghetti squash halved seeded
- 3 tablespoons vegetable oil for frying plus more

Equipment

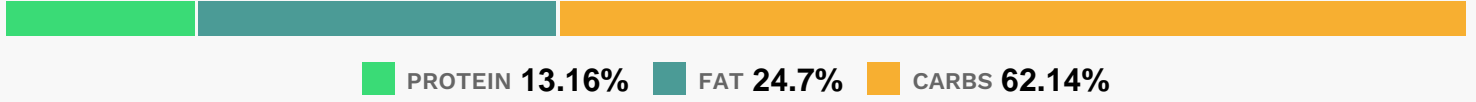
- bowl
- frying pan
- baking sheet
- oven
- whisk
- plastic wrap
- microwave

Directions

- Preheat the oven to 425 degrees F.
- Whisk 2 tablespoons vegetable oil, 2 teaspoons chili powder, the chipotle powder, 1 teaspoon salt and a few grinds of pepper in a bowl.
- Add the tomatoes and red onion; toss. Roast on a baking sheet, stirring once, until tender, 25 minutes.
- Meanwhile, put the squash cut-side up in a microwave-safe dish; add 1/2 cup water, cover with plastic wrap and microwave until tender, 10 to 15 minutes.
- Let cool; scrape the flesh into a bowl using a fork.
- Add the roasted vegetables and toss.
- Heat the remaining 1 tablespoon vegetable oil and 1/2 teaspoon chili powder in a medium skillet over medium heat.
- Add the beans and mash with a fork. Bring to a simmer; cook, stirring, until thickened, about 5 minutes. (
- Add a splash of water if the beans get too thick.)

- Heat 1/2 inch vegetable oil in a separate skillet over medium-high heat. Fry each tortilla until crisp, 2 minutes.
- Spread the beans on the tortillas; top with the vegetables, sour cream and cilantro.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:10.65, Inflammation Score:-9, Nutrition Score:20.509999928267%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 362.67kcal (18.13%), Fat: 10.49g (16.13%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 59.37g (19.79%), Net Carbohydrates: 44.84g (16.3%), Sugar: 9.5g (10.55%), Cholesterol: 16.96mg (5.65%), Sodium: 690.59mg (30.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.15%), Fiber: 14.54g (58.14%), Vitamin C: 35mg (42.42%), Manganese: 0.75mg (37.66%), Phosphorus: 359.5mg (35.95%), Magnesium: 107.36mg (26.84%), Folate: 104.75µg (26.19%), Potassium: 914.44mg (26.13%), Vitamin A: 1286.13IU (25.72%), Iron: 4.14mg (23.01%), Vitamin B6: 0.46mg (22.96%), Copper: 0.45mg (22.35%), Vitamin B1: 0.31mg (20.46%), Vitamin B3: 3.42mg (17.11%), Vitamin B2: 0.28mg (16.29%), Calcium: 160.11mg (16.01%), Zinc: 1.85mg (12.32%), Vitamin E: 1.73mg (11.52%), Selenium: 6.97µg (9.96%), Vitamin B5: 0.98mg (9.84%), Vitamin K: 10.33µg (9.84%), Vitamin B12: 0.06µg (1.01%)