



Speedy Pork Tostadas

READY IN



17 min.

SERVINGS



4

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 ounce black beans rinsed drained canned
- ☐ 24 5-inch flour tortillas low-fat
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 pound pork tenderloin cut into short, thin strips
- ☐ 2 cups romaine lettuce shredded
- ☐ 0.5 cup chunky salsa
- ☐ 2 ounces pre-shredded cheddar cheese reduced-fat
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

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1 cup tomatoes chopped (1)

Equipment

☐

frying pan

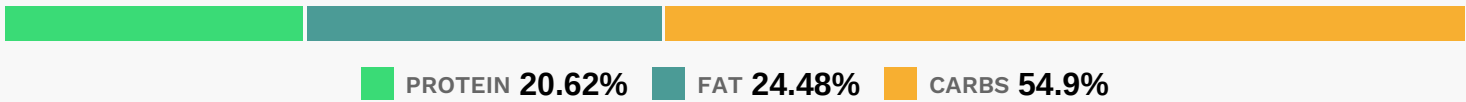
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oven

Directions

- ☐
- Preheat oven to 375
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- ☐
- Lightly coat both sides of tortillas with cooking spray.
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- ☐
- Bake at 375 for 7 to 8 minutes or until golden.
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- ☐
- Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
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- ☐
- Add pork, garlic, and cumin; saut 3 minutes or until pork is browned.
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- ☐
- Add beans and salsa; simmer 4 minutes or until pork is tender.
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- ☐
- Top tortillas evenly with lettuce, pork mixture, cheese, tomato, and sour cream.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:21.15, Inflammation Score:-10, Nutrition Score:37.019565385321%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 663.51kcal (33.18%), Fat: 18.01g (27.7%), Saturated Fat: 7.36g (46.02%), Carbohydrates: 90.87g (30.29%), Net Carbohydrates: 77.08g (28.03%), Sugar: 7.52g (8.35%), Cholesterol: 52.32mg (17.44%), Sodium: 1753.73mg (76.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.13g (68.25%), Vitamin B1: 1.43mg (95.41%), Selenium: 53.34µg (76.19%), Phosphorus: 636.95mg (63.7%), Folate: 234.57µg (58.64%), Fiber: 13.79g (55.17%), Vitamin B3: 10.97mg (54.84%), Vitamin A: 2703.78IU (54.08%), Manganese: 1.06mg (53.11%), Vitamin B2: 0.81mg (47.94%), Iron: 8.26mg (45.89%), Calcium: 379.35mg (37.93%), Vitamin K: 38.28µg (36.46%), Vitamin B6: 0.7mg

(35.03%), Potassium: 997.76mg (28.51%), Magnesium: 102.34mg (25.59%), Copper: 0.47mg (23.33%), Zinc: 3.16mg (21.07%), Vitamin C: 9.9mg (12%), Vitamin B5: 1.09mg (10.88%), Vitamin B12: 0.49µg (8.14%), Vitamin E: 0.88mg (5.84%), Vitamin D: 0.26µg (1.7%)