



Spicy bean & avocado tostados



Vegetarian



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 4 flour tortillas
- ☐ 400 g refried beans canned
- ☐ 1 pinch big cayenne pepper
- ☐ 200 g kidney beans in water rinsed canned
- ☐ 2 handfuls cherry tomatoes quartered
- ☐ 50 g cheddar
- ☐ 1 chilli green thinly sliced
- ☐ 1 avocado halved sliced

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1 handful coriander leaves

Equipment

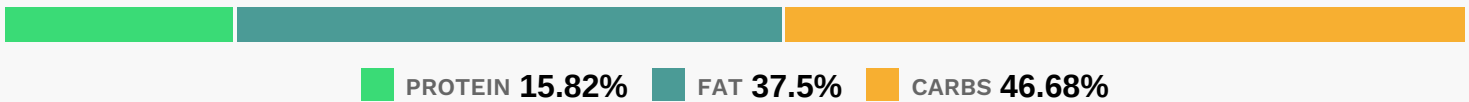
- ☐ bowl
- ☐ baking sheet
- ☐ grill

Directions

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Heat grill to medium-high. Put 2 tortillas onto a large baking sheet, then grill for 2 mins. In a bowl, mix the refried beans, cayenne pepper, kidney beans and cherry tomatoes, then divide half the mix between the tortillas. Scatter with half of the cheese and half of the sliced chilli, then grill again until the cheese melts. Lift onto plates and top with half of the avocado and coriander to serve. Repeat with the remaining tortillas.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:10.2, Inflammation Score:-6, Nutrition Score:14.589565235636%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 340.75kcal (17.04%), Fat: 14.26g (21.94%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 39.95g (13.32%), Net Carbohydrates: 28.02g (10.19%), Sugar: 6.22g (6.92%), Cholesterol: 12.5mg (4.17%), Sodium: 1051.09mg (45.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.07%), Fiber: 11.93g (47.73%), Folate: 90.02µg (22.5%), Phosphorus: 209.16mg (20.92%), Manganese: 0.41mg (20.51%), Calcium: 190.51mg (19.05%), Vitamin C: 15.56mg (18.86%), Vitamin K: 19.23µg (18.31%), Iron: 3.18mg (17.69%), Vitamin B1: 0.26mg (17.02%), Selenium: 11.18µg (15.97%), Vitamin B2: 0.25mg (14.62%), Potassium: 507.76mg (14.51%), Vitamin B3: 2.67mg (13.33%), Copper: 0.23mg (11.73%), Vitamin B6: 0.23mg (11.35%), Vitamin A: 541.65IU (10.83%), Magnesium: 43.2mg (10.8%), Vitamin E: 1.38mg (9.23%), Vitamin B5: 0.92mg (9.18%), Zinc: 1.31mg (8.71%), Vitamin B12: 0.13µg (2.21%)