

Tostadas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



297 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 2-inch corn tortillas ()
- 1.5 cups vegetable oil

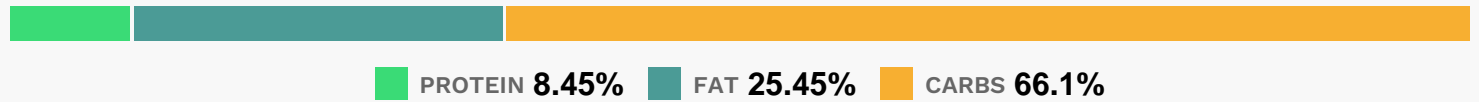
Equipment

- frying pan
- paper towels
- spatula
- tongs

Directions

- Spread out tortillas on a work surface (in 1 layer) and let dry until leathery, about 20 minutes.
- Heat 1/2 inch oil in a 10-inch heavy skillet over moderately high heat until hot enough to make edge of a tortilla sizzle.
- Add 1 tortilla to oil, pushing down with a long-handled metal spatula to submerge, and fry 15 seconds. Using tongs, turn tortilla over and continue frying, pushing down into oil with spatula to keep as flat as possible and turning over occasionally, until tortilla is deep golden and bubbling begins to subside, about 1 minute more.
- Transfer with tongs to paper towels to drain. (Tostada will crisp as it cools.) Fry with remaining tortillas, 1 at a time, in same manner.

Nutrition Facts



Properties

Glycemic Index:4.21, Glycemic Load:22.05, Inflammation Score:-4, Nutrition Score:8.9252173351529%

Nutrients (% of daily need)

Calories: 296.7kcal (14.83%), Fat: 8.7g (13.38%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 50.84g (16.95%), Net Carbohydrates: 43.66g (15.88%), Sugar: 1g (1.11%), Cholesterol: 0mg (0%), Sodium: 51.3mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Phosphorus: 357.96mg (35.8%), Fiber: 7.18g (28.73%), Magnesium: 82.08mg (20.52%), Manganese: 0.37mg (18.58%), Vitamin B6: 0.25mg (12.48%), Zinc: 1.49mg (9.96%), Selenium: 6.95µg (9.93%), Vitamin K: 10.02µg (9.55%), Calcium: 92.34mg (9.23%), Copper: 0.18mg (8.78%), Vitamin B3: 1.71mg (8.55%), Iron: 1.4mg (7.8%), Vitamin B1: 0.11mg (7.14%), Potassium: 212.04mg (6.06%), Vitamin E: 0.76mg (5.1%), Vitamin B2: 0.07mg (4.36%), Folate: 5.7µg (1.42%), Vitamin B5: 0.12mg (1.24%)