



Tostadas with Kale, Refried Beans, and Cheese

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 ounce pinto beans with liquid canned
- 15 ounce canned tomatoes whole drained chopped canned
- 3 tablespoons canola oil for frying plus more
- 12 regular corn
- 2 medium garlic clove minced
- 1 teaspoon ground cumin
- 2 tablespoons jalapeno stemmed seeded chopped

- 2 bunches kale roughly chopped (approximately)
- 2 lime quartered
- 0.5 pound mexican cheese blend shredded (Oaxacan, quesillo, or Monterrey Jack)
- 4 servings salt
- 1 cup onion white chopped

Equipment

- frying pan
- sauce pan
- potato masher
- wooden spoon

Directions

- Heat 1 tablespoon oil in a large saucepan over medium heat.
- Add onion and jalapeño, and cook until soft and translucent, about 5 minutes.
- Add garlic and cumin, stir well, and cook until fragrant, about 30 seconds.
- Add tomatoes and cook until chunks begin to break down, stirring often, about 4 minutes.
- Add beans and liquid and bring to a boil. Reduce heat to medium-low and simmer gently for 15 minutes. Use a potato masher or the back of a wooden spoon to mash beans until chunky. Season with salt, if necessary (it will depend on how salty the canned beans are).
- Meanwhile, heat 2 tablespoons oil in a 12-inch skillet over medium-high heat until shimmering.
- Add half of the kale, season with a pinch of salt, and cook until bright green and starting to wilt, about 1 minute. Stir in the remaining bunch, and cook until all of the kale bright green.
- Pour in 1 cup water. It should boil immediately. Reduce heat to low and cover. Cook until tender, about 10 minutes.
- Remove the cover, and let any excess water evaporate.
- Smear some of the refried beans on top of each tostada, and top with a sprinkling of cheese and kale.
- Serve with lime wedges.

Nutrition Facts

PROTEIN 21.7% FAT 36.22% CARBS 42.08%

Properties

Glycemic Index:74.13, Glycemic Load:15.24, Inflammation Score:-10, Nutrition Score:40.44695628726%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 17.34mg, Isorhamnetin: 17.34mg, Isorhamnetin: 17.34mg, Isorhamnetin: 17.34mg Kaempferol: 30.68mg, Kaempferol: 30.68mg, Kaempferol: 30.68mg, Kaempferol: 30.68mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.34mg, Quercetin: 23.34mg, Quercetin: 23.34mg, Quercetin: 23.34mg

Nutrients (% of daily need)

Calories: 499.5kcal (24.98%), Fat: 21.09g (32.45%), Saturated Fat: 10.26g (64.14%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 38.03g (13.83%), Sugar: 10.94g (12.16%), Cholesterol: 53.86mg (17.95%), Sodium: 1324.17mg (57.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.43g (56.86%), Vitamin K: 268.63µg (255.83%), Vitamin A: 7208.49IU (144.17%), Vitamin C: 94.35mg (114.37%), Manganese: 1.47mg (73.27%), Calcium: 710.22mg (71.02%), Fiber: 17.1g (68.41%), Phosphorus: 553.44mg (55.34%), Potassium: 1344.55mg (38.42%), Iron: 6.77mg (37.59%), Magnesium: 141.85mg (35.46%), Copper: 0.66mg (33.09%), Folate: 129.01µg (32.25%), Vitamin B2: 0.53mg (30.89%), Vitamin B6: 0.58mg (28.81%), Vitamin E: 3.93mg (26.2%), Zinc: 3.69mg (24.62%), Vitamin B1: 0.32mg (21.64%), Vitamin B3: 3.03mg (15.16%), Selenium: 10.34µg (14.77%), Vitamin B12: 0.7µg (11.62%), Vitamin B5: 0.98mg (9.83%), Vitamin D: 0.28µg (1.89%)