



Tostadas with Queso Blanco

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb extra-lean ground beef
- 3 green onions thinly sliced
- 6 oz queso blanco velveeta cut into 1/2-inch cubes
- 1 oz taco bell® taco seasoning mix
- 1 small tomatoes chopped
- 12 tostada shells (6 inch)

Equipment

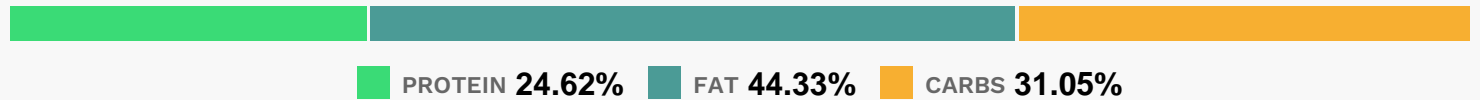
- baking sheet

oven

Directions

- Heat oven to 400F.
- Cook meat with seasoning mix as directed on package.
- Place shells on baking sheet; fill with meat mixture. Top with VELVEETA.
- Bake 10 min. or until VELVEETA is melted. Top with tomatoes and onions.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.7982608977219%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 70.35kcal (3.52%), Fat: 3.5g (5.38%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 4.87g (1.77%), Sugar: 0.66g (0.74%), Cholesterol: 13.63mg (4.54%), Sodium: 222.8mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Phosphorus: 90.21mg (9.02%), Zinc: 0.95mg (6.36%), Vitamin B12: 0.34µg (5.64%), Vitamin B3: 0.96mg (4.79%), Vitamin B6: 0.09mg (4.32%), Selenium: 2.78µg (3.98%), Vitamin A: 162.68IU (3.25%), Iron: 0.56mg (3.12%), Calcium: 27.9mg (2.79%), Vitamin B2: 0.05mg (2.69%), Vitamin K: 2.77µg (2.64%), Potassium: 92.07mg (2.63%), Fiber: 0.65g (2.58%), Magnesium: 8.92mg (2.23%), Vitamin B1: 0.03mg (2.09%), Manganese: 0.03mg (1.54%), Vitamin C: 1.09mg (1.32%), Copper: 0.02mg (1.21%), Vitamin B5: 0.11mg (1.13%)