



## Tostadas with Shredded Pork (Tostadas de Tinga)

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 16 oz avocados pitted peeled thinly sliced
- ☐ 1.3 lb cabbage shredded finely
- ☐ 24 corn tortillas (5 to 6 in. wide; see notes)
- ☐ 1.5 cups crème fraîche sour
- ☐ 8 ounces farmer's cheese crumbled (see notes)
- ☐ 0.3 cup juice of lime
- ☐ 6 cups pinto beans black hot homemade (purchased or )

- ☐ 0.5 cup radishes thinly sliced
- ☐ 1.5 cups chipotle salsa
- ☐ 12 servings salt and pepper
- ☐ 12 servings fatty pork shredded
- ☐ 12 servings vegetable oil for frying

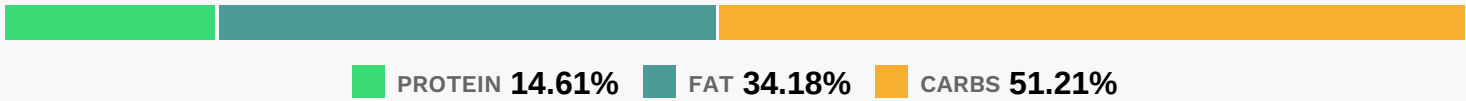
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ tongs

## Directions

- ☐ Pour 1/2 inch oil into an 8- to 10-inch frying pan over medium-high heat. When the edge of a tortilla bubbles vigorously when dipped in the oil, slip tortilla into pan. Cook tortilla, pushing down into oil occasionally and turning over once, until lightly browned, about 1 minute total. Lift out with tongs and transfer to paper towel-lined baking sheets to drain. Repeat to cook remaining tortillas; set in a single layer. As they cool, stack.
- ☐ In a bowl, mix cabbage, radishes, and lime juice.
- ☐ Add salt and pepper to taste.
- ☐ Spoon cabbage mixture, refried beans, shredded pork, chipotle salsa, sour cream, cheese, and avocados into separate bowls.
- ☐ Spread beans on a tortilla, then add pork, cabbage, salsa, sour cream, cheese, and avocado to taste.

## Nutrition Facts



## Properties

Glycemic Index:15.83, Glycemic Load:14.51, Inflammation Score:-8, Nutrition Score:21.331304322118%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Pelargonidin: 3.05mg, Pelargonidin: 3.05mg, Pelargonidin: 3.05mg, Pelargonidin: 3.05mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 424.04kcal (21.2%), Fat: 16.77g (25.79%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 56.52g (18.84%), Net Carbohydrates: 41.14g (14.96%), Sugar: 5.02g (5.58%), Cholesterol: 22.3mg (7.43%), Sodium: 647.81mg (28.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.24%), Fiber: 15.37g (61.5%), Folate: 203.78µg (50.94%), Vitamin K: 53.46µg (50.91%), Manganese: 0.73mg (36.39%), Phosphorus: 333.21mg (33.32%), Vitamin C: 25.12mg (30.45%), Vitamin B6: 0.53mg (26.43%), Magnesium: 102.72mg (25.68%), Potassium: 836.17mg (23.89%), Vitamin B1: 0.28mg (18.78%), Copper: 0.37mg (18.68%), Iron: 3.03mg (16.82%), Calcium: 163.96mg (16.4%), Vitamin E: 2.44mg (16.29%), Selenium: 9.09µg (12.99%), Zinc: 1.93mg (12.87%), Vitamin B3: 2.21mg (11.03%), Vitamin B2: 0.17mg (9.89%), Vitamin B5: 0.94mg (9.43%), Vitamin A: 396.48IU (7.93%)