



Turkey and Bean Tostadas

READY IN



20 min.

SERVINGS



5

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12.5 oz old el taco dinner kit soft
- 1 lb ground beef 93% 80% lean (at least)
- 0.7 cup water
- 15 oz chili beans sauce undrained canned
- 3 cups the of 1 cos lettuce shredded
- 4 oz monterrey jack cheese shredded
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup cream sour

Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 350°F. On ungreased cookie sheets, place tortillas (from dinner kit).
- Bake about 7 minutes or until crisp.
- Place on individual plates.
- In 10-inch nonstick skillet, cook turkey, stirring occasionally, until no longer pink; drain. Stir in seasoning mix (from dinner kit), water and beans; heat until hot.
- Divide turkey mixture evenly among tortillas. Top with taco sauce (from dinner kit) and remaining ingredients.

Nutrition Facts

PROTEIN 15.22% **FAT 54.1%** **CARBS 30.68%**

Properties

Glycemic Index:20.8, Glycemic Load:20.33, Inflammation Score:-9, Nutrition Score:24.316521862279%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 815.16kcal (40.76%), Fat: 48.84g (75.14%), Saturated Fat: 26.51g (165.67%), Carbohydrates: 62.33g (20.78%), Net Carbohydrates: 57.44g (20.89%), Sugar: 40.22g (44.69%), Cholesterol: 105.96mg (35.32%), Sodium: 863.06mg (37.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.92mg (3.31%), Protein: 30.92g (61.85%), Vitamin A: 2895.51IU (57.91%), Phosphorus: 497.01mg (49.7%), Vitamin B12: 2.58µg (43.06%), Zinc: 6.39mg (42.57%), Vitamin K: 37.96µg (36.15%), Calcium: 334.49mg (33.45%), Vitamin B2: 0.56mg (32.82%), Selenium: 22.52µg (32.17%), Vitamin B6: 0.59mg (29.31%), Potassium: 912.32mg (26.07%), Iron: 4.52mg (25.1%), Magnesium: 92.81mg (23.2%), Vitamin B3: 4.63mg (23.17%), Copper: 0.46mg (22.87%), Folate: 82.7µg (20.67%), Fiber: 4.9g

(19.58%), Vitamin B1: 0.18mg (12.32%), Vitamin B5: 1.08mg (10.79%), Vitamin E: 0.99mg (6.63%), Manganese: 0.13mg (6.6%), Vitamin C: 3mg (3.63%), Vitamin D: 0.23 μ g (1.51%)