



Turkey and Bean Tostadas

READY IN



20 min.

SERVINGS



5

CALORIES



870 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

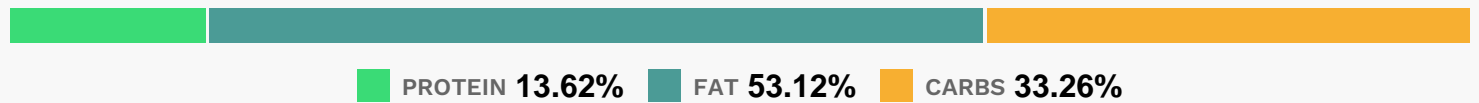
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 350F. 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



Properties

Glycemic Index:20.8, Glycemic Load:23.57, Inflammation Score:-9, Nutrition Score:24.498260902322%

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: 869.65kcal (43.48%), Fat: 51.2g (78.76%), Saturated Fat: 28.46g (177.9%), Carbohydrates: 72.13g (24.04%), Net Carbohydrates: 68.65g (24.96%), Sugar: 52.59g (58.43%), Cholesterol: 107.21mg (35.74%), Sodium: 1392.24mg (60.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.51mg (3.84%), Protein: 29.54g (59.07%), Vitamin A: 3472.82IU (69.46%), Vitamin B12: 2.64µg (43.97%), Phosphorus: 425.57mg (42.56%), Vitamin K: 42.63µg (40.6%), Calcium: 339.31mg (33.93%), Selenium: 22.91µg (32.73%), Zinc: 4.83mg (32.2%), Vitamin B2: 0.51mg (30.22%), Vitamin B3: 5.75mg (28.73%), Potassium: 870.48mg (24.87%), Vitamin B6: 0.49mg (24.75%), Iron: 3.73mg (20.72%), Copper: 0.38mg (18.93%), Vitamin C: 15.16mg (18.37%), Folate: 69.82µg (17.46%), Magnesium:

68.94mg (17.24%), Vitamin E: 2.49mg (16.58%), Vitamin B1: 0.24mg (16.04%), Fiber: 3.48g (13.91%), Vitamin B5: 1.15mg (11.51%), Manganese: 0.14mg (7.17%), Vitamin D: 0.23µg (1.51%)