



Turkey and Vegetable Tostadas

READY IN



25 min.

SERVINGS



25

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup milk colby & monterey jack cheeses shredded 2% kraft
- 6 6-inch flour tortillas ()
- 3 Tbsp cilantro leaves fresh chopped
- 1 lb ground turkey breast
- 1.5 cups lettuce shredded
- 1 oz taco bellâ® taco seasoning mix divided
- 4 tomatoes divided chopped
- 0.5 cup water
- 1 cup zucchini chopped

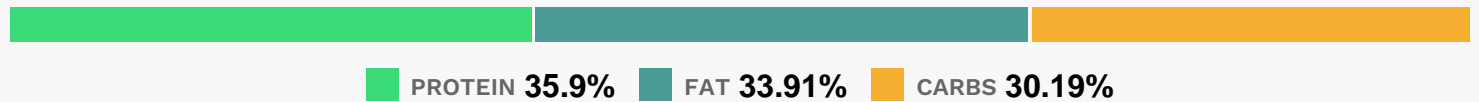
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 400F.
- Place tortillas in single layer on baking sheet; spray with cooking spray.
- Sprinkle with about 1 tsp. taco seasoning.
- Bake 6 min. or until crisp and lightly browned.
- Meanwhile, cook turkey in large skillet sprayed with cooking spray on medium-high heat 4 min. or until done, stirring frequently.
- Add 1 cup tomatoes, zucchini, water and remaining taco seasoning; simmer 5 min., stirring occasionally.
- Spoon turkey mixture onto tortillas; top with cheese, lettuce, remaining tomatoes and cilantro.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:1.37, Inflammation Score:-3, Nutrition Score:4.3452173963837%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 70.29kcal (3.51%), Fat: 2.69g (4.13%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.58g (1.66%), Sugar: 1.23g (1.37%), Cholesterol: 14.99mg (5%), Sodium: 187.7mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.79%), Vitamin B3: 2.23mg (11.15%), Vitamin B6: 0.19mg (9.48%),

Selenium: 6.4µg (9.14%), Phosphorus: 87.64mg (8.76%), Vitamin A: 362.18IU (7.24%), Vitamin C: 4.23mg (5.13%), Calcium: 50.94mg (5.09%), Vitamin B2: 0.07mg (4.04%), Vitamin B1: 0.06mg (3.97%), Potassium: 135.16mg (3.86%), Zinc: 0.58mg (3.84%), Manganese: 0.07mg (3.71%), Folate: 14.59µg (3.65%), Vitamin K: 3.62µg (3.45%), Iron: 0.61mg (3.38%), Fiber: 0.8g (3.22%), Magnesium: 11.64mg (2.91%), Vitamin B12: 0.14µg (2.27%), Vitamin B5: 0.21mg (2.14%), Copper: 0.04mg (1.82%)