



## Vegetarian Tostadas With Spicy Black Beans (+gluten free)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 corn tortillas white yellow
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- 15 oz black beans drained canned ()
- 0.3 cup onion diced
- 1 clove garlic minced
- 0.5 tablespoon olive oil
- 1 chiles in adobo sauce diced ()

- 1.5 cup pkt spinach julienne style sliced ( )
- 4 servings sea salt dried (for black beans)
- 8 cherry tomatoes halved ( )
- 4 servings feta cheese
- 4 servings cream sour
- 4 servings salsa your favorite

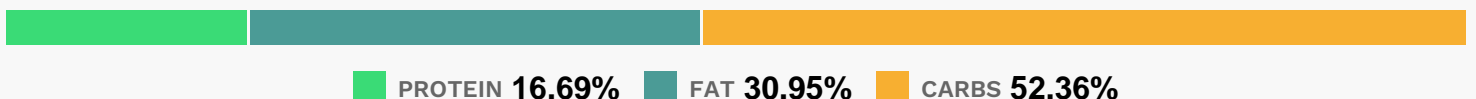
## Equipment

- frying pan
- paper towels
- potato masher
- microwave

## Directions

- Heat a large saute pan on medium high heat.
- Saute your onions and garlic in olive oil for 2–3 minutes.
- Place your black beans (BB) in a microwavable safe container and add the sauted onions and garlic to the BB.
- Add the diced chiles in adobo sauce to the BB.
- Sprinkle in some dried basil and garlic sea salt. Stir and microwave for 2 minutes, using a potato masher mash the warm BB to your desired consistency and return to the microwave for 1 minute.
- Meanwhile take a paper towel and using the same saute pan wipe out any excess oil or browning from the onions. Spray with cooking oil and on high heat, toast your tortillas until crispy anywhere from 5 to 10 minutes.
- Assemble your tostadas by placing the beans on top, sprinkle with feta, top with spinach, sliced cherry tomatoes, dollop of sour cream and sprinkle with more feta and salsa

## Nutrition Facts



## Properties

Glycemic Index:54.25, Glycemic Load:10.7, Inflammation Score:-8, Nutrition Score:21.714782608696%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

## Taste

Sweetness: 100%, Saltiness: 60.79%, Sourness: 77.18%, Bitterness: 26.05%, Savoriness: 39.65%, Fattiness: 94.55%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 352.62kcal (17.63%), Fat: 12.53g (19.27%), Saturated Fat: 5.79g (36.19%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 35.81g (13.02%), Sugar: 3.42g (3.8%), Cholesterol: 33.78mg (11.26%), Sodium: 1237.13mg (53.79%), Protein: 15.2g (30.39%), Vitamin K: 58.48µg (55.69%), Fiber: 11.86g (47.45%), Phosphorus: 417.73mg (41.77%), Vitamin A: 1582.24IU (31.64%), Manganese: 0.63mg (31.28%), Vitamin B2: 0.48mg (28.08%), Folate: 107.24µg (26.81%), Calcium: 267.29mg (26.73%), Magnesium: 99.55mg (24.89%), Vitamin B6: 0.43mg (21.54%), Iron: 3.59mg (19.93%), Potassium: 695.34mg (19.87%), Vitamin B1: 0.28mg (18.98%), Vitamin C: 15.49mg (18.77%), Copper: 0.36mg (18.16%), Zinc: 2.36mg (15.71%), Selenium: 10.23µg (14.62%), Vitamin B3: 2.39mg (11.93%), Vitamin B12: 0.53µg (8.87%), Vitamin E: 1.32mg (8.77%), Vitamin B5: 0.72mg (7.15%)