



Veggie Tostadas



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups mushrooms sliced
- ☐ 1 large bell pepper red chopped
- ☐ 4 basic tostadas
- ☐ 2 small zucchini sliced

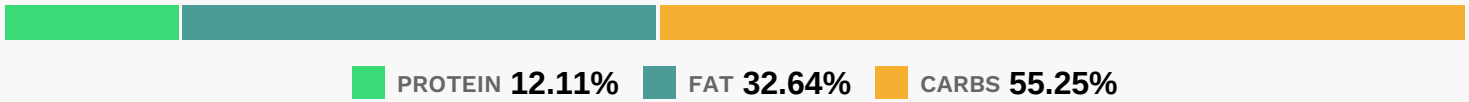
Equipment

- ☐ frying pan

Directions

- ☐ Place a medium nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add mushrooms, zucchini, and bell pepper to pan. Saut 3 to 5 minutes or until vegetables are tender. Spoon about 3/4 cup vegetable mixture over black bean mixture on each tostada. Top with lettuce, salsa, and cheese.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:12.076087036858%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 109.46kcal (5.47%), Fat: 4.33g (6.67%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 13.61g (4.95%), Sugar: 4.15g (4.61%), Cholesterol: 0mg (0%), Sodium: 117.17mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin C: 64.05mg (77.64%), Vitamin A: 1401.71IU (28.03%), Vitamin B2: 0.3mg (17.58%), Vitamin B6: 0.33mg (16.26%), Vitamin B3: 2.66mg (13.28%), Potassium: 432.24mg (12.35%), Manganese: 0.23mg (11.64%), Fiber: 2.89g (11.55%), Phosphorus: 107.86mg (10.79%), Copper: 0.22mg (10.76%), Folate: 41.18µg (10.3%), Vitamin B5: 1mg (10%), Vitamin B1: 0.15mg (9.72%), Magnesium: 32.4mg (8.1%), Selenium: 4.99µg (7.12%), Zinc: 0.74mg (4.96%), Iron: 0.89mg (4.93%), Vitamin E: 0.72mg (4.82%), Vitamin K: 4.55µg (4.33%), Calcium: 26.29mg (2.63%)