



Veggie Tostadas with Black Beans and Easy Guacamole

 Gluten Free

READY IN



22 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados ripe peeled mashed
- ☐ 31 ounce black beans rinsed drained canned
- ☐ 1 large garlic clove minced
- ☐ 1.5 cups lettuce shredded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.8 cup monterrey jack cheese shredded
- ☐ 2 teaspoons olive oil

- ☐ 0.8 cup salsa fresh
- ☐ 0.5 teaspoon salt
- ☐ 36 inch tostada shells toasted
- ☐ 0.3 cup vegetable broth organic

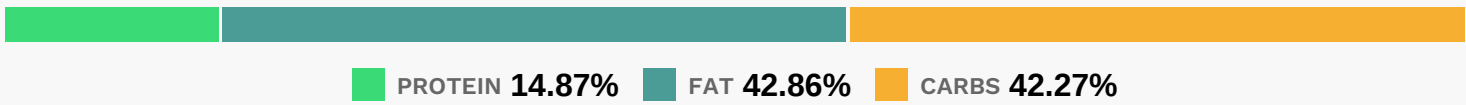
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Combine avocado, lime juice, and salt in a medium bowl. Cover surface of guacamole with plastic wrap.
- ☐ Heat a medium saucepan over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add garlic; cook 1 minute. Stir in vegetable broth and beans. Reduce heat to medium-low; cover and cook 5 minutes or until thoroughly heated.
- ☐ Remove pan from heat; mash beans to desired consistency.
- ☐ Spread about 1/4 cup bean mixture on each tostada shell. Top each with 2 tablespoons cheese, about 1/3 cup guacamole, 1/4 cup lettuce, and 2 tablespoons Fresh Salsa.
- ☐ Serve immediately.
- ☐ Tip: You can make things even easier on yourself by purchasing store-bought salsa and guacamole if you can't find ripe avocados.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:19.392173821511%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 391.79kcal (19.59%), Fat: 19.54g (30.07%), Saturated Fat: 5.5g (34.36%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 27.05g (9.84%), Sugar: 2.31g (2.56%), Cholesterol: 12.57mg (4.19%), Sodium: 1213.25mg (52.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.25g (30.51%), Fiber: 16.31g (65.24%), Folate: 153.2µg (38.3%), Phosphorus: 302.15mg (30.21%), Manganese: 0.56mg (28.11%), Potassium: 940.78mg (26.88%), Copper: 0.46mg (23.21%), Magnesium: 92.76mg (23.19%), Vitamin B1: 0.33mg (21.79%), Iron: 3.72mg (20.66%), Vitamin B2: 0.35mg (20.5%), Vitamin K: 20.97µg (19.97%), Vitamin B6: 0.39mg (19.6%), Calcium: 190.34mg (19.03%), Vitamin C: 13.43mg (16.28%), Vitamin E: 2.06mg (13.71%), Vitamin B3: 2.72mg (13.6%), Vitamin B5: 1.35mg (13.5%), Zinc: 1.93mg (12.89%), Vitamin A: 489.01IU (9.78%), Selenium: 4.94µg (7.06%), Vitamin B12: 0.12µg (1.95%)