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## Tostada Salad ♦

Tostada Salad is a delicious Mexican dish that combines crispy tortillas, fresh vegetables, and flavorful toppings. It is typically consumed as a main course and is perfect for lunch or dinner. This recipe has a perfect balance of flavors and textures, making it a crowd-pleaser for both meat lovers and vegetarians.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

4 tortillas	corn tortillas
1 c	Black Beans
2 c	lettuce
2 medium	Tomatoes

<b>1</b>	Avocado
<b>medium</b>	
<b>1 small</b>	red onion
<b>1 bunch</b>	Cilantro
<b>1</b>	Lime
<b>medium</b>	
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	pepper

## Directions

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### Step 1

Oven

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Cut, oven

Cut the tortillas into quarters and brush them with olive oil. Sprinkle with salt and pepper.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Oven

Place the tortilla quarters on a baking sheet and bake for 5-7 minutes until crispy and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 7 mins

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### Step 4

Mixing

In a large bowl, combine the black beans, lettuce, tomatoes, avocado, red onion, and cilantro. Squeeze lime juice over the mixture and drizzle with olive oil. Season with salt and pepper to taste.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

Plating, serving

Divide the tortilla chips among serving plates. Top with the black bean and vegetable mixture. Serve immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	10 g	26.32%	40%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Cuisines

Mexican Mediterranean American

### Course

Salads Snacks Sauces & Dressings Appetizers Side Dishes Drinks

### Events

Barbecue

### Nutritional Content

Low Calorie High Protein Low Fat Low Sodium High Vitamin C High Iron

### Kitchen Tools

Blender Air Fryer

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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