

Baked Mexican Tostadas

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chicken-tostadas-recipe-15-minutes>

Ingredients:

- 4 flour tortillas 7 to 8-inch
- nonstick cooking spray
- chili powder
- 15 ounces black beans rinsed
- 2 cups cooked chicken shredded
- 3/4 cup roasted red peppers diced
- 1/2 cup sliced green onions
- 1 cup shredded pepper jack cheese Sargento®
- salt
- pepper
- light sour cream
- guacamole

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 85 milligrams
4. Fat: 23 grams
5. Fiber: 11 grams
6. Protein: 37 grams
7. SaturatedFat: 9 grams
8. Sodium: 1550 milligrams
9. Sugar: 2 grams

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