

# Mexican Tostada

Yield: 5 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-mexican-tostada-recipe>

## Ingredients:

- corn oil or canola oil
- 12 corn tortillas
- salt
- 3 1/2 cups refried beans homemade or from 2 15-ounce cans
- 1/2 head iceberg lettuce sliced thin and seasoned with salt and vinegar, no oil
- 2 medium tomatoes chopped
- 2 avocados chopped peeled and pitted, or guacamole
- 8 ounces jack grated Monterrey, Cheddar, or crumbled queso fresco and/or cotija cheese
- 1 cup salsa
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- 1/2 cup pickled jalapeños
- 1 handful chopped fresh cilantro

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 40 milligrams
4. Fat: 29 grams
5. Fiber: 21 grams
6. Protein: 27 grams
7. SaturatedFat: 10 grams
8. Sodium: 2030 milligrams
9. Sugar: 7 grams

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