

Dinner – Black bean tostadas

Refried black beans recipe

Per 100g Serving

Nutrient	Amount
Protein	3.5 g
Fat	9.1 g
Sat. Fat	0.8 g
Carbs	11.7 g
Sugars	0.8 g
Fiber	3.4 g
Sodium	187 mg



Fried corn tortillas	2 pieces	260cal
Refried black beans (as per recipe)		102.4g
Lettuce	18.6g	
Tomato	49.5g	
Cheese	28.7g	
Salsa	40.0g	
Oikos Greek yogurt (plain, unsweetened)		80.8
Corn on the cob	164.0	