



Cheesy Chicken Tostadas

 Gluten Free

READY IN



17 min.

SERVINGS



17

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado sliced
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 6 singles kraft
- 1.5 cups lettuce shredded
- 0.8 lb meat from a rotisserie chicken shredded cooked
- 1 tomatoes chopped
- 6 tostada shells

Equipment

baking sheet

oven

Directions

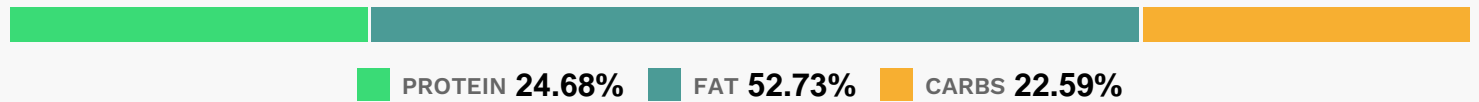
Heat oven to 375F.

Place tostada shells on baking sheet; spread with cream cheese spread. Fill with chicken and Singles.

Bake 5 to 7 min. or until heated through.

Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:3.6221739105556%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 99.21kcal (4.96%), Fat: 5.9g (9.08%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 4.39g (1.6%), Sugar: 0.62g (0.69%), Cholesterol: 19.2mg (6.4%), Sodium: 90.65mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.43%), Vitamin B3: 1.92mg (9.62%), Selenium: 5.1µg (7.29%), Vitamin B6: 0.14mg (7.1%), Phosphorus: 62.66mg (6.27%), Fiber: 1.29g (5.17%), Vitamin K: 4.59µg (4.37%), Potassium: 143.91mg (4.11%), Vitamin B5: 0.38mg (3.82%), Vitamin A: 188.7IU (3.77%), Folate: 13.51µg (3.38%), Magnesium: 13.3mg (3.32%), Zinc: 0.48mg (3.21%), Vitamin B2: 0.05mg (3.19%), Vitamin B1: 0.05mg (3.08%), Manganese: 0.06mg (2.88%), Vitamin C: 2.35mg (2.85%), Iron: 0.44mg (2.46%), Copper: 0.05mg (2.42%), Calcium: 20.64mg (2.06%), Vitamin E: 0.3mg (1.97%)