



## Cheesy Chicken Tostadas

READY IN



20 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tsp chili powder
- 6 Tbsp knudsen cream light sour
- 6 6-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.8 cup milk four cheese shredded 2% mexican style kraft finely
- 1 lb chicken breasts boneless skinless cut into 1/2-inch pieces
- 1 large tomatoes chopped

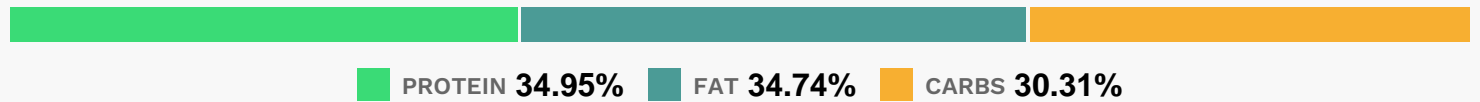
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Place tortillas in single layer on large baking sheet; spray with cooking spray.
- Bake 7 to 8 min. or until tortillas are crisp.
- Meanwhile, cook chicken in large nonstick skillet sprayed with cooking spray on medium-high heat 5 min. or until done.
- Add salsa and chili powder; cook until heated through, stirring occasionally.
- Remove from heat; stir in cheese.
- Spoon chicken mixture onto tortillas; top with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:5.19, Inflammation Score:-6, Nutrition Score:15.494782515194%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 257.16kcal (12.86%), Fat: 9.83g (15.12%), Saturated Fat: 4.61g (28.84%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 17.31g (6.29%), Sugar: 2.8g (3.11%), Cholesterol: 69.27mg (23.09%), Sodium: 683.54mg (29.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.25g (44.49%), Vitamin B3: 9.89mg (49.44%), Selenium: 34.36µg (49.08%), Vitamin B6: 0.74mg (36.93%), Phosphorus: 308.15mg (30.81%), Vitamin B2: 0.35mg (20.64%), Vitamin B1: 0.25mg (16.89%), Calcium: 167.97mg (16.8%), Potassium: 494.32mg (14.12%), Vitamin B5:

1.39mg (13.86%), Vitamin A: 676.25IU (13.53%), Manganese: 0.23mg (11.72%), Folate: 44.5µg (11.12%), Iron: 1.76mg (9.79%), Magnesium: 38.45mg (9.61%), Zinc: 1.32mg (8.77%), Vitamin B12: 0.52µg (8.64%), Vitamin K: 8.56µg (8.15%), Fiber: 1.98g (7.92%), Vitamin C: 5.77mg (6.99%), Vitamin E: 0.83mg (5.53%), Copper: 0.1mg (4.88%), Vitamin D: 0.17µg (1.16%)