



## Chicken and Black Bean Tostadas

 **Gluten Free**

READY IN



**58 min.**

SERVINGS



**4**

CALORIES



**407 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon chiles in adobo sauce canned (from a can of chipotles in adobo)
- 2 teaspoons brown sugar
- 15.5 ounce black beans drained and rinsed canned
- 0.3 cup canola oil for frying plus more
- 0.5 bunch cilantro leaves fresh roughly chopped
- 1 clove garlic minced
- 1 teaspoon ground cumin
- 4 servings kosher salt

- 0.3 cup juice of lime fresh
- 0.3 cup chicken broth low-sodium
- 4 servings pepper freshly ground
- 1 bunch radishes julienned ( 6)
- 2 cups cabbage shredded green red finely
- 0.5 rotisserie chicken cut shredded
- 0.5 cup cup heavy whipping cream sour
- 4 corn tortillas white

## Equipment

- bowl
- frying pan
- paper towels
- whisk

## Directions

- Heat 1/2 inch oil in a small heavy skillet over medium heat until shimmering. Fry tortillas one at a time until golden and crisp, 2 minutes per side.
- Drain on paper towels and sprinkle with salt.
- Cool the oil slightly and discard all but 2 tablespoons.
- Add the beans and cumin and cook, stirring, 1 minute.
- Add the broth and cook, smashing the beans, until saucy and hot. Season with salt and pepper.
- Whisk the garlic, chili paste, 2 tablespoons lime juice, the sugar and 1/2 teaspoon salt in a large bowl. Slowly whisk in 1/4 cup oil to make a dressing; add the cabbage, radishes and cilantro and toss.
- Mix the sour cream and the remaining 2 tablespoons lime juice in another bowl; season with salt and pepper.
- Top each tortilla with beans, chicken, cabbage salad and sour cream.
- Photograph by Antonis Achiellos

# Nutrition Facts

PROTEIN 29.23% FAT 34.15% CARBS 36.62%

## Properties

Glycemic Index:56.38, Glycemic Load:5.7, Inflammation Score:-6, Nutrition Score:14.189565347589%

## Flavonoids

Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 406.79kcal (20.34%), Fat: 15.83g (24.36%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 38.19g (12.73%), Net Carbohydrates: 27.34g (9.94%), Sugar: 5.07g (5.63%), Cholesterol: 88.96mg (29.65%), Sodium: 914.44mg (39.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.5g (60.99%), Fiber: 10.85g (43.4%), Vitamin K: 32.58µg (31.03%), Vitamin C: 22.96mg (27.84%), Phosphorus: 244.64mg (24.46%), Manganese: 0.46mg (22.96%), Folate: 90.45µg (22.61%), Iron: 3.16mg (17.54%), Magnesium: 69.49mg (17.37%), Potassium: 562.84mg (16.08%), Copper: 0.29mg (14.59%), Vitamin B1: 0.22mg (14.4%), Vitamin B2: 0.23mg (13.34%), Calcium: 117.28mg (11.73%), Vitamin B6: 0.2mg (10.14%), Zinc: 1.19mg (7.96%), Vitamin B3: 1.48mg (7.39%), Selenium: 4.44µg (6.35%), Vitamin A: 301.4IU (6.03%), Vitamin E: 0.8mg (5.34%), Vitamin B5: 0.45mg (4.55%), Vitamin B12: 0.08µg (1.25%)