



Chicken-and-Black Bean Tostadas

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados sliced
- ☐ 0.8 cup black beans canned rinsed drained
- ☐ 2 tablespoons chipotle peppers in adobo sauce chopped
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1.5 cups grape tomatoes red yellow halved quartered
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 20 servings lime wedges

- ☐ 0.5 teaspoon lime zest
- ☐ 3 cups rotisserie chicken cut chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 12 purchased corn tostada shells crispy prepared

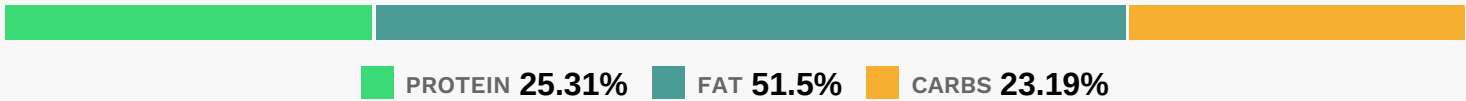
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Combine first 6 ingredients in a small bowl.
- ☐ Spread about 1 1/2 tablespoons sour cream mixture onto each tostada. Top evenly with chicken and next 4 ingredients; serve with lime wedges.
- ☐ *To make your own tostadas, brush or spray 4-inch soft corn tortillas with vegetable oil.
- ☐ Bake at 450, turning once, 5 to 7 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:8.95, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:3.8508695636107%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 176.79kcal (8.84%), Fat: 10.46g (16.09%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 7.89g (2.87%), Sugar: 0.96g (1.07%), Cholesterol: 40.85mg (13.62%), Sodium: 276.88mg (12.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.56g (23.13%), Fiber: 2.7g (10.78%), Vitamin K: 6.12µg (5.83%), Folate: 22.91µg (5.73%), Vitamin C: 4.43mg (5.36%), Potassium: 185.92mg (5.31%), Vitamin B6: 0.11mg (5.31%), Phosphorus: 49.61mg (4.96%), Manganese: 0.1mg (4.83%), Magnesium: 18.37mg (4.59%), Vitamin B1: 0.06mg (4.32%), Vitamin A: 213.94IU (4.28%), Vitamin B2: 0.07mg (3.86%), Copper: 0.08mg (3.79%), Vitamin B5: 0.36mg (3.63%), Vitamin E: 0.53mg (3.55%), Vitamin B3: 0.63mg (3.14%), Iron: 0.5mg (2.8%), Calcium: 26.06mg (2.61%), Zinc: 0.35mg (2.32%), Selenium: 0.82µg (1.17%)