



Chicken and Corn Tostadas with Salsa Verde

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz regular corn frozen
- ☐ 15 oz pinto beans rinsed drained canned
- ☐ 1.5 cups rotisserie chicken cut shredded
- ☐ 1 cup salsa verde
- ☐ 1 tablespoon chipotles in adobo (with adobo sauce) canned
- ☐ 4.5 oz purchased corn tostada shells (12 Count)
- ☐ 3 oz cotija cheese crumbled
- ☐ 2 tablespoons cilantro leaves fresh chopped

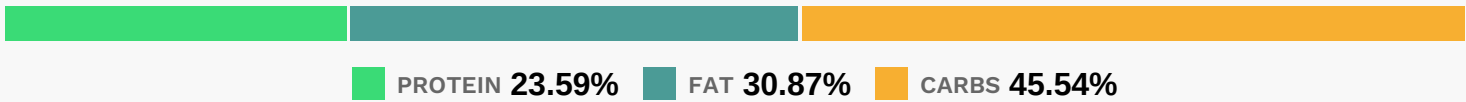
Equipment

☐ bowl

Directions

- ☐ Cook frozen corn as directed on bag; cool.
- ☐ In large bowl, mix corn, beans, chicken, salsa verde and chipotle sauce. Spoon about 1/2 cup mixture on each tostada shell.
- ☐ Top each with cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:15.95, Glycemic Load:9.13, Inflammation Score:-4, Nutrition Score:7.2578260995772%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 260.13kcal (13.01%), Fat: 9.32g (14.34%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 30.95g (10.32%), Net Carbohydrates: 26.47g (9.63%), Sugar: 5.04g (5.6%), Cholesterol: 41.64mg (13.88%), Sodium: 581.11mg (25.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.06%), Fiber: 4.48g (17.92%), Manganese: 0.3mg (14.89%), Phosphorus: 146.11mg (14.61%), Magnesium: 43.06mg (10.76%), Vitamin B6: 0.21mg (10.43%), Potassium: 347.49mg (9.93%), Vitamin B1: 0.14mg (9.57%), Vitamin B3: 1.54mg (7.71%), Vitamin B2: 0.13mg (7.62%), Calcium: 73.71mg (7.37%), Vitamin A: 361.56IU (7.23%), Folate: 28.63µg (7.16%), Zinc: 1.06mg (7.08%), Vitamin B5: 0.7mg (7.04%), Iron: 1.22mg (6.77%), Copper: 0.12mg (6.2%), Vitamin C: 4.92mg (5.96%), Selenium: 1.69µg (2.42%), Vitamin B12: 0.14µg (2.4%), Vitamin E: 0.32mg (2.14%), Vitamin K: 1.57µg (1.49%)