



Chicken and Guacamole Tostadas



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe peeled
- ☐ 2 cups chicken breast shredded boneless skinless
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 3 tablespoons juice of lime fresh divided
- ☐ 3 tablespoons onion fresh divided minced
- ☐ 0.5 teaspoon salt divided

- ☐ 0.3 teaspoon paprika smoked
- ☐ 1 cup tomatoes divided finely chopped
- ☐ 6 inch purchased corn tostada shells

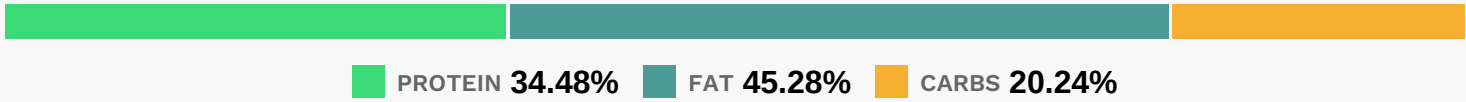
Equipment

- ☐ bowl

Directions

- ☐ Place avocado in a small bowl; mash with a fork. Stir in 2 tablespoons tomato, 1 tablespoon onion, 1 tablespoon juice, 1/4 teaspoon salt, and garlic.
- ☐ Combine remaining 1 cup tomato, 2 tablespoons onion, 1 tablespoon lime juice, 1/4 teaspoon salt, cilantro, and jalapeo; toss well.
- ☐ Combine chicken, remaining 1 tablespoon juice, and paprika; toss well to combine.
- ☐ Spread about 1 tablespoon guacamole over each tostada shell; top each with 1/4 cup chicken mixture and about 2 tablespoons salsa.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:1.02, Inflammation Score:-6, Nutrition Score:14.212173866189%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 199.06kcal (9.95%), Fat: 10.34g (15.91%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 6.03g (2.19%), Sugar: 2g (2.22%), Cholesterol: 48mg (16%), Sodium: 408.99mg (17.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.44%), Vitamin B3: 9.07mg (45.34%), Vitamin B6: 0.78mg (38.78%), Selenium: 24.46µg (34.95%), Vitamin C: 19.67mg (23.84%), Phosphorus: 206.62mg (20.66%), Potassium: 658.38mg (18.81%), Vitamin B5: 1.85mg (18.5%), Fiber: 4.37g (17.5%), Vitamin K: 14.86µg (14.15%), Folate: 53µg (13.25%), Magnesium: 43.72mg (10.93%), Vitamin E: 1.58mg (10.56%), Vitamin A: 520.74IU (10.41%), Vitamin B2: 0.16mg (9.4%), Manganese: 0.17mg (8.5%), Vitamin B1: 0.12mg (7.91%), Copper: 0.15mg (7.73%), Zinc: 0.91mg (6.06%), Iron: 0.79mg (4.4%), Vitamin B12: 0.15µg (2.5%), Calcium: 22.04mg (2.2%)