



Chicken and Red Bean Tostadas

READY IN



29 min.

SERVINGS



4

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz beans red drained and rinsed canned
- 3 grilled chicken breast halves chopped (12 oz. total)
- 4 10-inch flour tortillas
- 0.5 cup cup heavy whipping cream sour low-fat
- 1.5 cups monterey jack shredded
- 4 cups romaine lettuce shredded (from 1 head)
- 1.5 cups tomato salsa
- 2 tablespoons vegetable oil

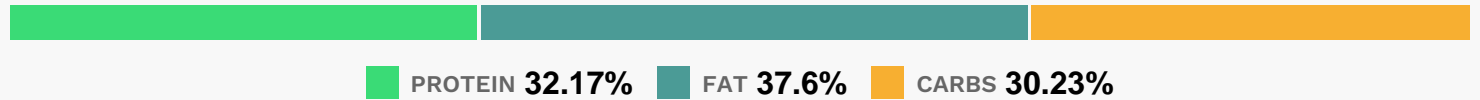
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Arrange racks in top and bottom thirds of oven and preheat to 400F. Line 2 large baking sheets with foil.
- Place tortillas on baking sheets and brush with oil.
- Bake until lightly browned, 4 to 5 minutes.
- Divide chicken, beans and cheese among tortillas and return to oven.
- Bake until cheese has melted, 3 to 4 minutes.
- Remove from oven, top each portion with 1/4 of lettuce, salsa and sour cream.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:16.27, Inflammation Score:-10, Nutrition Score:42.120000279468%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 806.7kcal (40.33%), Fat: 33.59g (51.68%), Saturated Fat: 14.49g (90.57%), Carbohydrates: 60.79g (20.26%), Net Carbohydrates: 49.97g (18.17%), Sugar: 9.11g (10.13%), Cholesterol: 157.43mg (52.48%), Sodium: 1804.29mg (78.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.68g (129.35%), Vitamin B3: 22.61mg (113.03%), Vitamin A: 5008.95IU (100.18%), Selenium: 60.48µg (86.41%), Phosphorus: 804.87mg (80.49%), Vitamin K: 75.76µg (72.16%), Vitamin B6: 1.15mg (57.3%), Calcium: 551.85mg (55.18%), Folate: 177.21µg (44.3%), Fiber: 10.83g

(43.31%), Manganese: 0.86mg (43.24%), Vitamin B1: 0.64mg (42.73%), Vitamin B2: 0.68mg (39.89%), Iron: 6.4mg (35.57%), Potassium: 1157.06mg (33.06%), Magnesium: 120.22mg (30.06%), Zinc: 4.04mg (26.92%), Copper: 0.4mg (19.82%), Vitamin B5: 1.85mg (18.51%), Vitamin E: 2.37mg (15.82%), Vitamin B12: 0.91µg (15.18%), Vitamin C: 4.84mg (5.87%), Vitamin D: 0.44µg (2.94%)