



WHATSheATE



Chicken-Chile Tostadas



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 4 ounces cheddar cheese reduced-fat
- ☐ 4 6-inch corn tortillas ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 pound ground chicken
- ☐ 0.5 teaspoon chipotle chili powder
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 cup lettuce shredded
- ☐ 1 teaspoon juice of lime
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion
- ☐ 0.5 cup salsa fat-free
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

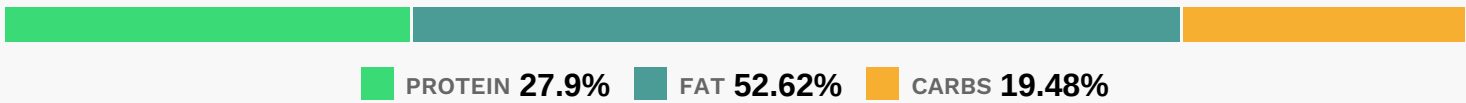
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and garlic; saut 2 minutes or until onion begins to soften.
- ☐ Add cumin, chipotle, and cinnamon; cook 30 seconds, stirring constantly.
- ☐ Add chicken; cook 4 minutes or until chicken is done, stirring to crumble.
- ☐ Add salsa, water, and salt; cook 3 minutes or until slightly thickened. Stir in cilantro and lime juice; remove from heat.
- ☐ While chicken cooks, place tortillas directly on oven rack; bake at 400 for 5 minutes or until slightly crisp.
- ☐ Place 1 tortilla on each of 4 plates; top each tortilla with 1/4 cup lettuce, 3/4 cup chicken mixture, 1/4 cup cheese, and 1 tablespoon sour cream.

Nutrition Facts



Properties

Glycemic Index:52.13, Glycemic Load:6.27, Inflammation Score:-6, Nutrition Score:17.896086822385%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 417.11kcal (20.86%), Fat: 24.82g (38.18%), Saturated Fat: 9.64g (60.25%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 17.34g (6.31%), Sugar: 3.7g (4.12%), Cholesterol: 130.9mg (43.63%), Sodium: 790.03mg (34.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.61g (59.22%), Phosphorus: 453.4mg (45.34%), Vitamin B6: 0.8mg (39.78%), Vitamin B3: 7.22mg (36.12%), Selenium: 22.38µg (31.97%), Calcium: 277.74mg (27.77%), Vitamin B2: 0.46mg (27.25%), Potassium: 877.73mg (25.08%), Zinc: 3.32mg (22.16%), Vitamin B12: 1µg (16.6%), Magnesium: 63.74mg (15.94%), Vitamin B5: 1.53mg (15.28%), Manganese: 0.27mg (13.69%), Vitamin B1: 0.2mg (13.62%), Vitamin A: 670.79IU (13.42%), Fiber: 3.34g (13.34%), Vitamin E: 1.69mg (11.27%), Iron: 1.87mg (10.37%), Vitamin K: 10.59µg (10.09%), Copper: 0.18mg (8.94%), Vitamin C: 5.06mg (6.13%), Folate: 24.48µg (6.12%), Vitamin D: 0.2µg (1.33%)