



Chicken & Feta Salad Tostadas

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado sliced
- 4 oz athenos feta cheese divided crumbled traditional
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian divided kraft
- 1 lime cut into 6 wedges
- 5 radishes thinly sliced
- 1 small onion red sliced
- 6 cups romaine lettuce shredded

- 3 cups meat from a rotisserie chicken shredded cooked
- 12 tostada shells gluten-free
- 1 cup water

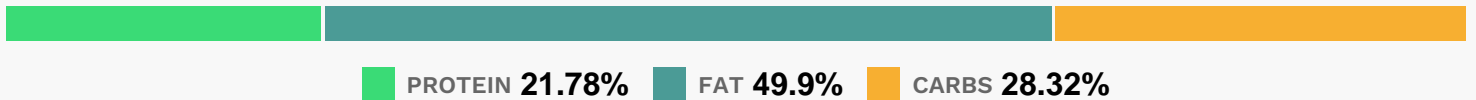
Equipment

- bowl
- microwave

Directions

- Microwave onions and water in large microwaveable bowl on HIGH 2 min.; drain.
- Add 2 Tbsp. dressing; mix lightly.
- Stir in chicken, cilantro and remaining dressing.
- Add lettuce, avocados, radishes and half the cheese; mix lightly.
- Spoon onto tostada shells; top with remaining cheese.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:6.7500000686749%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 128.36kcal (6.42%), Fat: 7.29g (11.21%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 7.55g (2.75%), Sugar: 0.97g (1.08%), Cholesterol: 20.8mg (6.93%), Sodium: 187.61mg (8.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.31%), Vitamin A: 1305.58IU (26.11%), Vitamin K: 20.15µg (19.19%), Vitamin B3: 2.11mg (10.55%), Vitamin B6: 0.19mg (9.71%), Selenium: 6.46µg (9.23%), Phosphorus: 92.16mg (9.22%), Folate: 31.99µg (8%), Fiber: 1.76g (7.03%), Vitamin B2: 0.11mg (6.69%), Vitamin B1: 0.08mg (5.22%), Potassium: 177.79mg (5.08%), Zinc: 0.72mg (4.82%), Magnesium: 19.17mg (4.79%), Calcium: 47.61mg (4.76%), Vitamin B5: 0.46mg (4.55%), Manganese: 0.09mg (4.41%), Vitamin C: 3.22mg (3.91%), Iron: 0.69mg (3.82%), Copper: 0.06mg (3.13%), Vitamin B12: 0.16µg (2.61%), Vitamin E: 0.34mg (2.27%)