



## Chicken Mole Tostadas

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons t brown sugar dark packed
- 1 tablespoon cocoa powder dark unsweetened
- 1 tablespoon chipotle chili powder
- 0.5 teaspoon ground cinnamon
- 4 chicken breast boneless skinless
- 0.3 cup red wine vinegar
- 6 tablespoons olive oil
- 1 tablespoon honey

- 1 head belgian endive shredded
- 1 head radicchio thinly shredded
- 4.5 oz purchased corn tostada shells (12 Count)
- 2 oz baker's chocolate dark shaved
- 0.5 cup cream sour

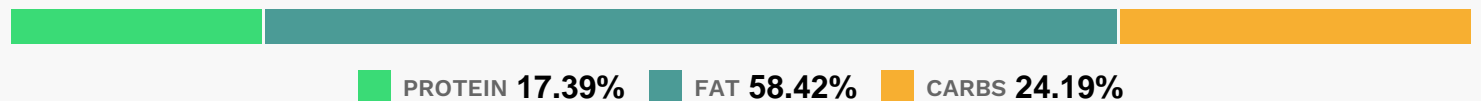
## Equipment

- bowl
- frying pan
- whisk
- grill pan

## Directions

- In small bowl, mix brown sugar, cocoa, chili powder and cinnamon. Pat mixture on both sides of chicken; shake off any excess.
- Heat grill pan or 10-inch skillet over medium-high heat.
- Add chicken; cook 8 to 10 minutes or until juice of chicken is clear when center of thickest part is cut (165°F).
- Remove chicken from pan; cool 5 minutes.
- Meanwhile, in small bowl, beat vinegar, oil and honey with whisk until well blended.
- Add endive and radicchio; toss to lightly coat.
- Place each tostada shell on individual serving plate. Shred chicken; divide evenly onto shells. Top each with endive-radicchio mixture and sour cream.
- Garnish with chocolate shavings.

## Nutrition Facts



## Properties

Glycemic Index:14.32, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:29.92608681969%

## Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Catechin: 9.93mg, Catechin: 9.93mg, Catechin: 9.93mg, Catechin: 9.93mg Epicatechin: 22.56mg, Epicatechin: 22.56mg, Epicatechin: 22.56mg, Epicatechin: 22.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 26.61mg, Luteolin: 26.61mg, Luteolin: 26.61mg, Luteolin: 26.61mg Quercetin: 22.18mg, Quercetin: 22.18mg, Quercetin: 22.18mg, Quercetin: 22.18mg

## Nutrients (% of daily need)

Calories: 662.63kcal (33.13%), Fat: 45.02g (69.27%), Saturated Fat: 13.46g (84.13%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 35.4g (12.87%), Sugar: 11.83g (13.15%), Cholesterol: 89.28mg (29.76%), Sodium: 405.19mg (17.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.21mg (4.74%), Protein: 30.15g (60.31%), Vitamin K: 195.4µg (186.09%), Vitamin B3: 12.98mg (64.88%), Selenium: 40.44µg (57.77%), Vitamin B6: 1.07mg (53.53%), Manganese: 0.98mg (48.85%), Copper: 0.86mg (43.05%), Phosphorus: 429.02mg (42.9%), Vitamin E: 5.76mg (38.38%), Magnesium: 123.88mg (30.97%), Potassium: 962.46mg (27.5%), Fiber: 6.55g (26.18%), Iron: 4.61mg (25.63%), Zinc: 3.16mg (21.04%), Vitamin B5: 2.03mg (20.32%), Vitamin A: 829.49IU (16.59%), Vitamin B1: 0.24mg (15.8%), Vitamin B2: 0.25mg (14.86%), Folate: 58.26µg (14.56%), Calcium: 106.17mg (10.62%), Vitamin C: 7.71mg (9.35%), Vitamin B12: 0.29µg (4.77%)