



Chicken & Summer Vegetable Tostadas

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons canola oil
- ☐ 12 ounces chicken breast
- ☐ 4 8-inch flour tortilla fat-free ()
- ☐ 3 tablespoons cilantro leaves fresh divided chopped
- ☐ 1 cup ears corn fresh (2 ears)
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 cup monterrey jack cheese shredded

- ☐ 1 cup onion red chopped (1)
- ☐ 0.5 cup salsa verde
- ☐ 1 cup zucchini chopped

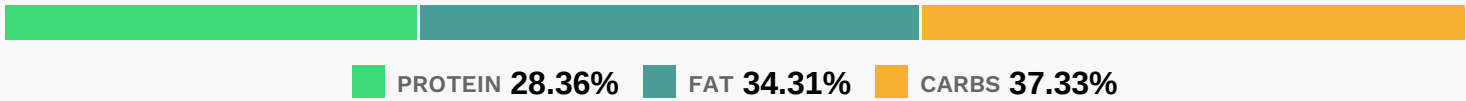
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine first 3 ingredients, stirring well.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle the spice mixture evenly over chicken.
- ☐ Add chicken to pan; saut for 3 minutes.
- ☐ Add onion, corn, and zucchini to pan; saut for 2 minutes or until chicken is done. Stir in salsa and 2 tablespoons cilantro. Cook 2 minutes or until liquid almost evaporates, stirring frequently.
- ☐ Working with 2 tortillas at a time, arrange tortillas in a single layer on a baking sheet; lightly coat tortillas with cooking spray. Broil 3 minutes or until lightly browned. Spoon about 3/4 cup chicken mixture in the center of each tortilla; sprinkle each serving with 1/4 cup cheese. Broil an additional 2 minutes or until cheese melts. Repeat procedure with remaining tortillas, chicken mixture, and cheese.
- ☐ Sprinkle each serving with about 3/4 teaspoon of remaining cilantro.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:8.95, Inflammation Score:-7, Nutrition Score:20.607391196748%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 417.7kcal (20.89%), Fat: 15.88g (24.44%), Saturated Fat: 6.34g (39.6%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 35.3g (12.84%), Sugar: 8.52g (9.47%), Cholesterol: 73.29mg (24.43%), Sodium: 960.12mg (41.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.54g (59.08%), Selenium: 42.18µg (60.25%), Vitamin B3: 12mg (60%), Phosphorus: 436.21mg (43.62%), Vitamin B6: 0.82mg (40.95%), Vitamin B1: 0.41mg (27.08%), Calcium: 257.16mg (25.72%), Manganese: 0.47mg (23.34%), Vitamin B2: 0.37mg (21.98%), Folate: 85.68µg (21.42%), Potassium: 702.32mg (20.07%), Vitamin B5: 1.72mg (17.16%), Iron: 3.06mg (16.98%), Magnesium: 64.17mg (16.04%), Vitamin C: 13.19mg (15.98%), Fiber: 3.59g (14.37%), Zinc: 1.76mg (11.74%), Vitamin A: 522.87IU (10.46%), Vitamin K: 8.56µg (8.15%), Copper: 0.14mg (7.06%), Vitamin B12: 0.35µg (5.77%), Vitamin E: 0.66mg (4.42%), Vitamin D: 0.21µg (1.41%)