



Chicken Tinga Tostados

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chicken soup base
- ☐ 6 chicken breast halves bone-in
- ☐ 7 ounce chipotle peppers in adobo sauce canned
- ☐ 1 clove garlic chopped
- ☐ 7 medium onions thinly sliced
- ☐ 8 servings salt and pepper to taste
- ☐ 1 cup heavy whipping cream sour
- ☐ 6 medium tomatoes

- ☐ 16 tostada shells
- ☐ 0.3 cup vegetable oil

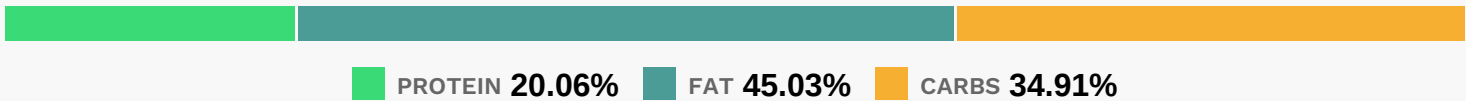
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Place the chicken into a large pot along with 1/4 cup of sliced onion, garlic, and enough water to cover. Bring to a boil, and cook until no longer pink, about 25 minutes.
- ☐ Remove chicken, cool, and shred meat. Discard skin and bones.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add the remaining onion slices, and fry until transparent.
- ☐ Place tomatoes into a pan of boiling water (you could use the leftover chicken water), and boil until they split open.
- ☐ Place the tomatoes, the whole can of chipotle peppers, chicken bouillon into a blender or large food processor. Process until smooth. Season with salt and pepper.
- ☐ Pour this mixture into a large pan, and add the shredded chicken and cooked onions.
- ☐ Heat through.
- ☐ To serve, each person spreads some sour cream on their tostada shell, and tops with a spoonful of the chicken.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:2.96, Inflammation Score:-8, Nutrition Score:18.688260775545%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.82mg, Isorhamnetin: 4.82mg, Isorhamnetin: 4.82mg, Isorhamnetin: 4.82mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 20.08mg, Quercetin: 20.08mg, Quercetin: 20.08mg, Quercetin: 20.08mg

Nutrients (% of daily need)

Calories: 444.05kcal (22.2%), Fat: 22.67g (34.88%), Saturated Fat: 6.82g (42.66%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 32.4g (11.78%), Sugar: 9.25g (10.28%), Cholesterol: 71.28mg (23.76%), Sodium: 675.82mg (29.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.72g (45.44%), Vitamin B3: 10.06mg (50.28%), Vitamin B6: 0.96mg (48.05%), Selenium: 29.62µg (42.31%), Phosphorus: 318.48mg (31.85%), Fiber: 7.15g (28.58%), Vitamin C: 21.16mg (25.65%), Potassium: 790.35mg (22.58%), Vitamin K: 20.81µg (19.82%), Vitamin A: 976.19IU (19.52%), Manganese: 0.37mg (18.63%), Magnesium: 70.21mg (17.55%), Vitamin B1: 0.26mg (17.08%), Vitamin B5: 1.57mg (15.74%), Vitamin B2: 0.21mg (12.39%), Iron: 1.9mg (10.56%), Folate: 37.45µg (9.36%), Calcium: 91.68mg (9.17%), Vitamin E: 1.35mg (8.99%), Zinc: 1.32mg (8.79%), Copper: 0.17mg (8.51%), Vitamin B12: 0.23µg (3.86%)