



HEALTH SCORE

64%

Chicken Tostada with Corn, Pickled Jalapenos and Black Beans



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 can black beans rinsed drained
- ☐ 4 chicken breast halves cooked cut into 1-inch pieces
- ☐ 0.3 cup chicken broth
- ☐ 1 cup corn kernels frozen thawed
- ☐ 4 6-inch corn tortillas
- ☐ 1 leaves cilantro to garnish fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh finely chopped

- ☐ 4 servings salt and ground pepper black
- ☐ 2 teaspoons dijon honey mustard
- ☐ 4 cups lettuce shredded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup jalapeño peppers diced
- ☐ 1 tomatoes diced

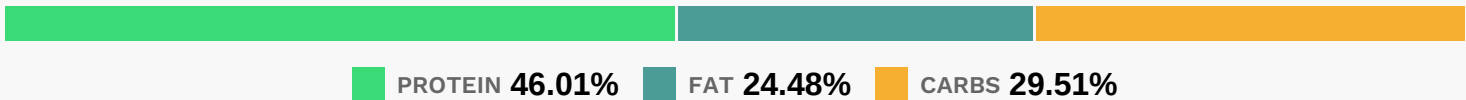
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F. Coat a large baking sheet with cooking spray.
- ☐ Arrange tortillas on prepared baking sheet and spray tortillas with cooking spray.
- ☐ Brush in cooking spray to coat.
- ☐ Bake 5 to 6 minutes, until golden brown.
- ☐ Transfer tortillas to individual plates and top with lettuce, chicken, tomatoes, corn, black beans, and jalapenos.
- ☐ Sprinkle cilantro over top to garnish, if desired.
- ☐ Drizzle with Cilantro-Lime Vinaigrette.
- ☐ In a container or jar, place chicken broth, olive oil, honey mustard, lime zest, lime juice, cilantro, salt and pepper. Cover with lid. Shake to combine. To serve, drizzle over Chicken Tostada.

Nutrition Facts



Properties

Glycemic Index:62.13, Glycemic Load:5.78, Inflammation Score:-8, Nutrition Score:30.11043450625%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 552.98kcal (27.65%), Fat: 14.98g (23.05%), Saturated Fat: 3.04g (18.97%), Carbohydrates: 40.64g (13.55%), Net Carbohydrates: 29.32g (10.66%), Sugar: 5.18g (5.76%), Cholesterol: 146.59mg (48.86%), Sodium: 867.48mg (37.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.36g (126.72%), Vitamin B3: 25.41mg (127.05%), Selenium: 50.89µg (72.7%), Phosphorus: 633.02mg (63.3%), Vitamin B6: 1.24mg (61.88%), Fiber: 11.33g (45.3%), Potassium: 1077.41mg (30.78%), Magnesium: 121.93mg (30.48%), Folate: 115.93µg (28.98%), Manganese: 0.57mg (28.41%), Iron: 4.86mg (26.98%), Vitamin K: 27.21µg (25.92%), Vitamin B2: 0.42mg (24.57%), Vitamin B1: 0.36mg (23.99%), Vitamin B5: 2.17mg (21.73%), Copper: 0.4mg (19.9%), Zinc: 2.98mg (19.86%), Vitamin A: 856.73IU (17.13%), Vitamin C: 13.12mg (15.9%), Vitamin E: 1.97mg (13.16%), Calcium: 106.08mg (10.61%), Vitamin B12: 0.59µg (9.81%), Vitamin D: 0.17µg (1.15%)