



Chicken Tostadas

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado chopped
- 2 cups chicken breasts shredded cooked
- 0.5 cup knudsen cream sour
- 2 cups lettuce shredded
- 1 cup monterrey jack cheese shredded kraft
- 0.5 cup pico de gallo
- 1.3 cups refried beans warmed
- 1 tomatoes chopped

8 tostada shells (6 inch)

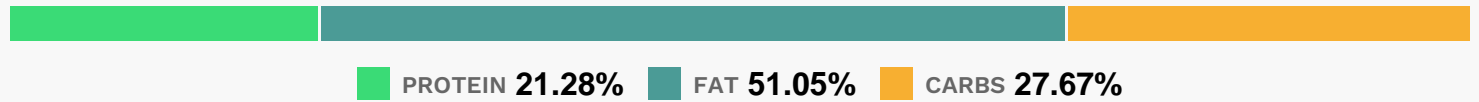
Equipment

Directions

Spread shells with beans.

Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.44, Inflammation Score:-5, Nutrition Score:9.8286955900814%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 295.01kcal (14.75%), Fat: 17g (26.15%), Saturated Fat: 6.48g (40.52%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 16.11g (5.86%), Sugar: 3.75g (4.17%), Cholesterol: 47.3mg (15.77%), Sodium: 543.48mg (23.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.89%), Phosphorus: 194.69mg (19.47%), Fiber: 4.62g (18.46%), Vitamin B3: 3.59mg (17.96%), Selenium: 11.67µg (16.67%), Calcium: 156.8mg (15.68%), Vitamin B6: 0.3mg (15.24%), Vitamin A: 565.28IU (11.31%), Vitamin B2: 0.19mg (10.96%), Vitamin K: 11.4µg (10.85%), Potassium: 332.34mg (9.5%), Zinc: 1.42mg (9.47%), Magnesium: 35.38mg (8.84%), Vitamin B5: 0.83mg (8.29%), Folate: 33.03µg (8.26%), Vitamin B1: 0.11mg (7.66%), Iron: 1.38mg (7.66%), Vitamin C: 6.06mg (7.35%), Manganese: 0.14mg (7.23%), Copper: 0.11mg (5.64%), Vitamin E: 0.73mg (4.85%), Vitamin B12: 0.25µg (4.15%)