



## Chicken Tostadas

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 avocado sliced
- 4 servings crema mexicana for drizzling
- 1 tablespoon olive oil
- 4 servings jalapeño peppers
- 4 servings queso fresco crumbled
- 1 tablespoon red wine vinegar
- 1 cup refried beans
- 2 cups romaine lettuce shredded

- 1 rotisserie chicken cut whole
- 4 servings salt and pepper black freshly ground
- 0.5 tomatoes finely chopped
- 8 purchased corn tostada shells store-bought

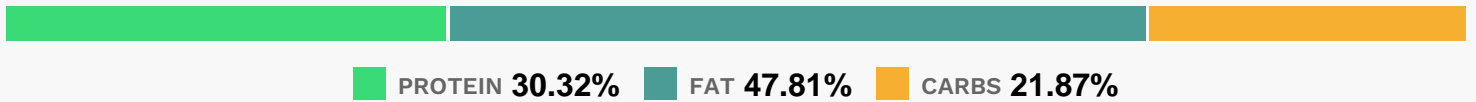
## Equipment

- bowl

## Directions

- Cut the chicken breasts and legs off of the whole chicken.
- Remove the skin. Shred the chicken off the bone and set aside in a bowl. In a separate bowl, dress the romaine lettuce with olive oil and vinegar. Season with salt and pepper. To assemble the tostadas, spread 1 tablespoon refried beans onto a tostada. Top with 1/2 cup shredded rotisserie chicken. Top with the dressed romaine lettuce, tomato and avocado.
- Drizzle with Mexican crema and top with crumbled queso fresco. Finish with pickled jalapeno peppers if desired.

## Nutrition Facts



## Properties

Glycemic Index:37.25, Glycemic Load:2.09, Inflammation Score:-9, Nutrition Score:12.545217243226%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Nutrients (% of daily need)

Calories: 621.65kcal (31.08%), Fat: 33.55g (51.62%), Saturated Fat: 7.27g (45.42%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 26g (9.46%), Sugar: 3.06g (3.4%), Cholesterol: 152.64mg (50.88%), Sodium: 1175.04mg (51.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.88g (95.76%), Vitamin A: 2391.2IU (47.82%), Vitamin K: 38.26µg (36.44%), Fiber: 8.53g (34.12%), Folate: 75.2µg (18.8%), Vitamin B6: 0.28mg (14.08%), Manganese: 0.26mg (13.04%), Potassium: 422.45mg (12.07%), Vitamin B1: 0.17mg (11.58%), Magnesium: 45.34mg (11.34%), Vitamin E: 1.67mg (11.13%), Phosphorus: 108.35mg (10.83%), Vitamin C: 8.19mg (9.93%), Iron: 1.66mg (9.21%), Calcium: 90.8mg (9.08%), Copper: 0.17mg (8.41%), Vitamin B5: 0.82mg (8.17%), Vitamin B3: 1.56mg (7.79%), Vitamin B2: 0.12mg (6.9%), Zinc: 0.84mg (5.59%), Selenium: 1.22µg (1.75%)