



Chicken Tostadas

 Gluten Free

READY IN



33 min.

SERVINGS



15

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocados pitted cut into 1/2-inch chunks
- ☐ 2 cups chicken breast shredded cooked
- ☐ 8 6-inch corn tortillas
- ☐ 1 tablespoon juice of lime
- ☐ 4 oz pepper jack shredded
- ☐ 1 cup refried beans fat-free
- ☐ 2 cups romaine lettuce shredded
- ☐ 1 cup tomato salsa

☐ 0.5 teaspoon salt

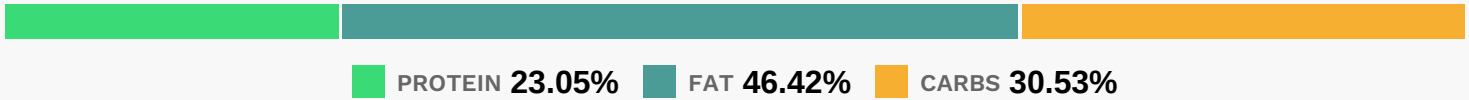
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F. Line a baking sheet with heavy-duty foil. Mist both sides of tortillas with cooking spray.
- ☐ Place on sheet and bake until crisp, about 8 minutes.
- ☐ Toss avocados with lime juice; season with salt.
- ☐ Spread some beans on each tortilla, top with chicken and avocado.
- ☐ Sprinkle with cheese. Return to oven and bake until warmed through, 7 to 10 minutes. Top with lettuce and salsa and serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.43, Glycemic Load:3.31, Inflammation Score:-6, Nutrition Score:7.4017391334409%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 149.54kcal (7.48%), Fat: 7.92g (12.18%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 7.92g (2.88%), Sugar: 1.49g (1.65%), Cholesterol: 20.73mg (6.91%), Sodium: 351.22mg (15.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.69%), Fiber: 3.79g (15.16%), Vitamin A: 748IU (14.96%), Phosphorus: 134.45mg (13.44%), Vitamin K: 12.97µg (12.36%), Vitamin B3: 2.37mg (11.84%), Vitamin B6: 0.22mg

(10.86%), Selenium: 6.82µg (9.75%), Calcium: 85.47mg (8.55%), Folate: 34.01µg (8.5%), Potassium: 266.03mg (7.6%), Magnesium: 27.28mg (6.82%), Vitamin B2: 0.11mg (6.51%), Vitamin B5: 0.63mg (6.3%), Zinc: 0.91mg (6.09%), Manganese: 0.12mg (5.85%), Vitamin E: 0.84mg (5.57%), Copper: 0.1mg (5%), Iron: 0.88mg (4.87%), Vitamin C: 3.56mg (4.32%), Vitamin B1: 0.05mg (3.64%), Vitamin B12: 0.12µg (1.95%)