



Chicken Tostadas

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled halved
- ☐ 4 servings regular cream sour for drizzling
- ☐ 1 cup mild feta cheese crumbled
- ☐ 0.5 cup cilantro leaves fresh packed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups lettuce shredded finely
- ☐ 8 radishes thinly sliced
- ☐ 1 medium onion red thinly sliced into rings

- ☐ 1 cup refried beans warmed
- ☐ 4 servings salt and freshly cracked pepper black
- ☐ 1 serrano chile
- ☐ 4 cups meat from a rotisserie chicken shredded cooked
- ☐ 8 ounces tomatillos husked rinsed coarsely chopped
- ☐ 8 purchased corn tostada shells

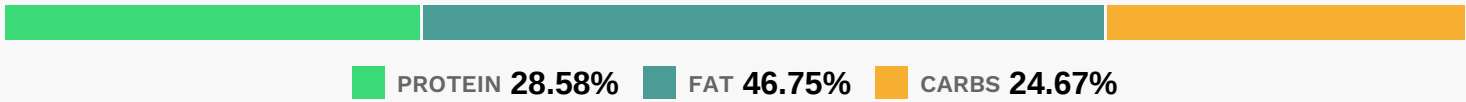
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Spread the tostadas with the refried beans. Top with the chicken, lettuce, onion rings, radishes, and cheese.
- ☐ Drizzle with sour cream, top with a dollop of salsa, and serve.;
- ☐ Combine the tomatillos, avocado, cilantro, chile, and lemon juice in a blender and puree until smooth. Season the salsa with salt and pepper, to taste.
- ☐ Transfer to a serving bowl, cover and refrigerate for up to 2 hours or until ready to use.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:2.74, Inflammation Score:-8, Nutrition Score:27.0499999900486%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg 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 Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg

0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 663kcal (33.15%), Fat: 34.66g (53.33%), Saturated Fat: 11.17g (69.79%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 31.14g (11.32%), Sugar: 7.37g (8.19%), Cholesterol: 133.13mg (44.38%), Sodium: 1106.39mg (48.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.67g (95.34%), Vitamin B3: 13.63mg (68.17%), Selenium: 42.23µg (60.33%), Phosphorus: 529.21mg (52.92%), Vitamin B6: 0.95mg (47.44%), Fiber: 10.03g (40.11%), Vitamin K: 32.03µg (30.51%), Potassium: 977.27mg (27.92%), Calcium: 273.08mg (27.31%), Zinc: 3.95mg (26.31%), Vitamin B2: 0.42mg (24.68%), Vitamin B5: 2.46mg (24.55%), Magnesium: 96.06mg (24.02%), Vitamin C: 18.66mg (22.62%), Iron: 3.72mg (20.68%), Vitamin B1: 0.31mg (20.57%), Manganese: 0.41mg (20.28%), Folate: 74.53µg (18.63%), Vitamin A: 896.86IU (17.94%), Vitamin B12: 0.94µg (15.73%), Copper: 0.31mg (15.6%), Vitamin E: 1.55mg (10.34%), Vitamin D: 0.82µg (5.49%)