



Chicken Tostadas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled halved
- ☐ 0.5 cup cilantro leaves divided chopped
- ☐ 6 6-inch corn tortillas ()
- ☐ 2 large garlic clove
- ☐ 3 cups lettuce shredded
- ☐ 0.5 cup crema mexicana sour
- ☐ 6 large radishes halved sliced
- ☐ 1 pound refried beans canned

- ☐ 0.3 cup pecorino white crumbled (aged cheese, also called cotija)
- ☐ 4 cups rotisserie chicken cut shredded
- ☐ 1 pound tomatoes quartered
- ☐ 0.5 cup vegetable oil divided
- ☐ 1 medium onion white

Equipment

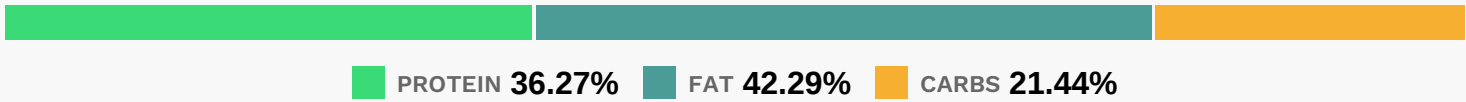
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ broiler
- ☐ tongs

Directions

- ☐ Preheat broiler.
- ☐ Cut half of onion into 3/4-inch wedges, then chop remainder. Toss onion wedges, tomatoes, garlic, and whole chiles with 2 tablespoons oil in a 4-sided sheet pan, spreading in 1 layer.
- ☐ Broil about 4 inches from heat until softened and charred, 10 to 15 minutes. Meanwhile, toss together lettuce, radishes, chopped onion, and half of cilantro.
- ☐ Purée tomato mixture in a blender along with one or both roasted serranos (to taste) and 1 teaspoon salt until smooth(use caution when blending hot foods).
- ☐ Transfer purée to a bowl and stir in chicken, remaining cilantro, and salt to taste.
- ☐ Heat remaining 1/2 cup oil in a heavy medium skillet over medium-high heat until it shimmers. Fry tortillas, 1 at a time, turning once or twice and pressing with tongs to immerse, until golden brown, 45 to 60 seconds per tortilla.
- ☐ Drain briefly on paper towels, then transfer to plates.
- ☐ Spread tortillas thickly with heated refried beans, then top with chicken mixture. Slice avocado over tostadas and dollop with crema.
- ☐ Mound lettuce mixture on top and sprinkle with cheese.

Serve with: Margaritas

Nutrition Facts



Properties

Glycemic Index:57.92, Glycemic Load:8.82, Inflammation Score:-7, Nutrition Score:12.06086946376%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Pelargonidin: 5.68mg, Pelargonidin: 5.68mg, Pelargonidin: 5.68mg, Pelargonidin: 5.68mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 565.47kcal (28.27%), Fat: 26.84g (41.29%), Saturated Fat: 5.7g (35.65%), Carbohydrates: 30.62g (10.21%), Net Carbohydrates: 21.71g (7.89%), Sugar: 6.67g (7.42%), Cholesterol: 167.11mg (55.7%), Sodium: 1098.35mg (47.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.8g (103.6%), Fiber: 8.91g (35.64%), Vitamin K: 32.82µg (31.26%), Vitamin A: 1148.18IU (22.96%), Vitamin C: 18.08mg (21.91%), Manganese: 0.32mg (15.82%), Phosphorus: 150.02mg (15%), Potassium: 510.31mg (14.58%), Folate: 58.04µg (14.51%), Vitamin B6: 0.27mg (13.29%), Calcium: 126.09mg (12.61%), Magnesium: 43.74mg (10.93%), Vitamin E: 1.59mg (10.57%), Iron: 1.69mg (9.37%), Copper: 0.18mg (8.86%), Vitamin B3: 1.54mg (7.71%), Vitamin B1: 0.1mg (6.89%), Vitamin B2: 0.12mg (6.8%), Vitamin B5: 0.67mg (6.67%), Zinc: 0.93mg (6.21%), Selenium: 3.55µg (5.08%)