



Chicken Tostadas

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounce chicken breast strips/pre-cooked/chopped fully cooked
- ☐ 16 ounce refried beans canned
- ☐ 2 cups the of 1 cos lettuce shredded
- ☐ 0.8 cup salsa fresh
- ☐ 2 ounces cheddar cheese shredded (or Monterey Jack or Cheddar)
- ☐ 8 purchased corn tostada shells

Equipment

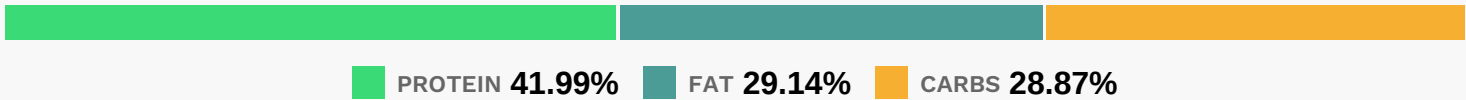
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 225 F. Wrap the tostada shells in foil.
- ☐ Place in oven until warm, about 6 minutes. Meanwhile, warm the beans in a small pan over medium-low heat.
- ☐ Place the chicken in a nonstick skillet and warm over medium heat, turning once, for 4 minutes.
- ☐ Place 2 tostada shells on each plate. Divide the beans, chicken, lettuce, sour cream (if using), salsa, and cheese among the tostadas.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:2.93, Inflammation Score:-9, Nutrition Score:24.546087042145%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 535.16kcal (26.76%), Fat: 16.98g (26.12%), Saturated Fat: 6.17g (38.59%), Carbohydrates: 37.85g (12.62%), Net Carbohydrates: 29.8g (10.84%), Sugar: 5.15g (5.72%), Cholesterol: 133.95mg (44.65%), Sodium: 1381.46mg (60.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.05g (110.1%), Vitamin B3: 20.58mg (102.92%), Selenium: 42.51µg (60.72%), Vitamin B6: 1.08mg (54.11%), Vitamin A: 2498.15IU (49.96%), Phosphorus: 474.91mg (47.49%), Fiber: 8.05g (32.19%), Vitamin K: 26.91µg (25.63%), Magnesium: 80.33mg (20.08%), Calcium: 198.58mg (19.86%), Iron: 3.52mg (19.53%), Potassium: 636.95mg (18.2%), Vitamin B1: 0.25mg (16.86%), Zinc: 2.4mg (16.01%), Vitamin B5: 1.6mg (15.98%), Vitamin B2: 0.27mg (15.83%), Manganese: 0.24mg (11.93%), Vitamin B12: 0.66µg (10.94%), Folate: 41.42µg (10.36%), Copper: 0.16mg (8.24%), Vitamin E: 1.04mg (6.96%), Vitamin C: 1.87mg (2.26%), Vitamin D: 0.21µg (1.42%)