



Chicken Tostadas and Avocado Dressing

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado ripe peeled
- ☐ 1.5 tablespoons canola oil divided
- ☐ 2 teaspoons canola oil
- ☐ 2 cups chicken breast shredded boneless skinless
- ☐ 4 6-inch flour tortilla ()
- ☐ 2 garlic clove minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup lettuce shredded
- ☐ 1 jalapeno minced

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons cream sour reduced-fat
- ☐ 2 tablespoons beef broth fat-free
- ☐ 1 ounce queso fresco crumbled
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup tomatoes chopped

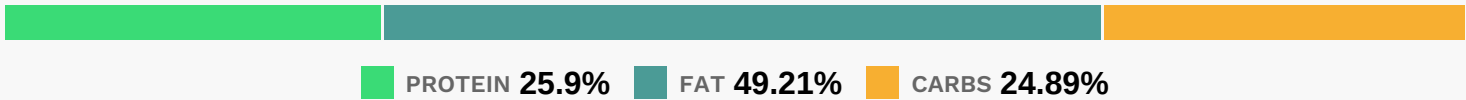
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Combine the first 7 ingredients in a food processor, and process until smooth.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 3/4 teaspoon oil to pan. Cook 1 tortilla 2 minutes on each side or until golden brown. Repeat procedure with 2 1/4 teaspoons oil and remaining tortillas.
- ☐ Add remaining oil to pan.
- ☐ Add garlic and jalapeo; saut 1 1/2 minutes.
- ☐ Add chicken; cook 2 minutes.
- ☐ Place 1 tortilla on each of 4 plates; top each tortilla with 1/2 cup chicken mixture, 1/4 cup lettuce, 2 tablespoons tomato, and 1 tablespoon cheese. Top each serving with 3 tablespoons dressing.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:5.35, Inflammation Score:-6, Nutrition Score:16.247391446777%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 322.57kcal (16.13%), Fat: 17.73g (27.27%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 20.17g (6.72%), Net Carbohydrates: 16.81g (6.11%), Sugar: 2.66g (2.96%), Cholesterol: 54.99mg (18.33%), Sodium: 457.19mg (19.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21g (41.99%), Vitamin B3: 9.8mg (48.99%), Selenium: 32.61µg (46.58%), Vitamin B6: 0.71mg (35.64%), Phosphorus: 276.15mg (27.62%), Vitamin K: 19.44µg (18.51%), Vitamin C: 14.14mg (17.14%), Potassium: 567.98mg (16.23%), Vitamin B1: 0.24mg (16.13%), Folate: 63.34µg (15.84%), Vitamin B5: 1.56mg (15.55%), Vitamin E: 2.28mg (15.22%), Manganese: 0.27mg (13.6%), Fiber: 3.36g (13.44%), Vitamin B2: 0.23mg (13.3%), Calcium: 108.06mg (10.81%), Magnesium: 40.54mg (10.13%), Vitamin A: 471.82IU (9.44%), Iron: 1.7mg (9.43%), Zinc: 1.06mg (7.04%), Copper: 0.13mg (6.29%), Vitamin B12: 0.29µg (4.9%), Vitamin D: 0.28µg (1.86%)