



Chicken Tostadas and Avocado Salsa

READY IN



45 min.

SERVINGS



4

CALORIES



520 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups chicken breast shredded boneless
- ☐ 4 6-inch flour tortilla ()
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups curly leaf lettuce shredded green

- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin divided
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion white
- ☐ 0.3 cup queso fresco crumbled
- ☐ 1 cup tomatoes

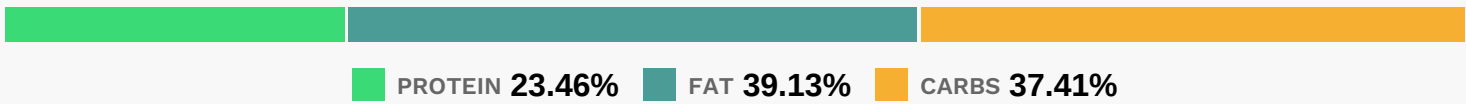
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine the first 5 ingredients in a medium bowl, stirring with a whisk.
- ☐ Add tomato, onion, cilantro, and avocado; toss gently to coat.
- ☐ Heat a large cast-iron or nonstick skillet over medium heat.
- ☐ Add 3/4 teaspoon oil to pan; swirl to coat.
- ☐ Add 1 tortilla to pan; cook 1 minute on each side or until browned. Repeat procedure 3 times with remaining 2 1/4 teaspoons oil and tortillas.
- ☐ Place 1 tortilla on each of 4 plates.
- ☐ Layer each tortilla with 1/2 cup lettuce, about 1/2 cup beans, 1/2 cup chicken, 1/4 cup avocado salsa, and 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:10.67, Inflammation Score:-9, Nutrition Score:30.343478270199%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg 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: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 519.98kcal (26%), Fat: 23.06g (35.48%), Saturated Fat: 4.74g (29.63%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 34.77g (12.64%), Sugar: 3.79g (4.21%), Cholesterol: 53.26mg (17.75%), Sodium: 523.61mg (22.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.2%), Folate: 248.32µg (62.08%), Fiber: 14.82g (59.3%), Vitamin B3: 10.91mg (54.53%), Selenium: 33.88µg (48.41%), Phosphorus: 446.85mg (44.68%), Vitamin B6: 0.86mg (43.2%), Manganese: 0.86mg (43.01%), Vitamin K: 44.71µg (42.58%), Vitamin A: 1824.21IU (36.48%), Vitamin B1: 0.54mg (35.7%), Potassium: 1119.95mg (32%), Magnesium: 127.63mg (31.91%), Iron: 4.44mg (24.67%), Vitamin B5: 2.2mg (22%), Vitamin C: 17.59mg (21.32%), Copper: 0.42mg (20.77%), Vitamin B2: 0.33mg (19.46%), Vitamin E: 2.75mg (18.36%), Zinc: 2.46mg (16.38%), Calcium: 145.5mg (14.55%), Vitamin B12: 0.28µg (4.64%), Vitamin D: 0.28µg (1.87%)