



Chicken Tostadas de Queso

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado sliced
- 6 singles kraft
- 1.5 cups lettuce shredded
- 1 cup pico de gallo
- 2 cups meat from a rotisserie chicken shredded cooked
- 1 tomatoes chopped
- 6 tostada shells

Equipment

baking sheet

oven

Directions

Heat oven to 375F.

Place tostada shells on baking sheet. Tear each Single into 3 pieces; place on tostadas.

Combine chicken and pico de gallo; spoon over Singles.

Bake 5 to 7 min. or until heated through.

Top with remaining ingredients.

Nutrition Facts

PROTEIN 22.8% **FAT 44.04%** **CARBS 33.16%**

Properties

Glycemic Index:18.33, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:9.5021738695062%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg 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: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 235kcal (11.75%), Fat: 11.95g (18.39%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 16.59g (6.03%), Sugar: 4.72g (5.25%), Cholesterol: 35.16mg (11.72%), Sodium: 427.32mg (18.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.85%), Vitamin B3: 4.66mg (23.3%), Vitamin B6: 0.36mg (18.06%), Selenium: 11.99µg (17.14%), Phosphorus: 158.26mg (15.83%), Fiber: 3.67g (14.66%), Vitamin K: 12.99µg (12.37%), Potassium: 384.77mg (10.99%), Vitamin C: 8.82mg (10.69%), Vitamin A: 528.2IU (10.56%), Vitamin B5: 0.99mg (9.85%), Folate: 37.76µg (9.44%), Magnesium: 35.57mg (8.89%), Vitamin B1: 0.12mg (8.31%), Vitamin B2: 0.14mg (8.17%), Zinc: 1.21mg (8.09%), Manganese: 0.16mg (8.06%), Copper: 0.13mg (6.56%), Iron: 1.13mg (6.28%), Vitamin E: 0.84mg (5.58%), Calcium: 34.57mg (3.46%), Vitamin B12: 0.14µg (2.26%)