



Chicken Tostadas with Radish Slaw

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp annatto powder
- ☐ 2 avocado pitted peeled halved sliced
- ☐ 6 servings corn oil for frying
- ☐ 10 4-inch corn tortillas
- ☐ 90 g cotija cheese crumbled
- ☐ 0.3 cup cilantro leaves fresh chopped ()
- ☐ 2 cloves garlic chopped
- ☐ 2 spring onion thinly sliced

- ☐ 6 servings salt and pepper freshly ground
- ☐ 1 tbsp juice of lime fresh
- ☐ 0.7 cup orange juice fresh (5 fl oz/150 ml)
- ☐ 0.5 tsp oregano dried
- ☐ 2.5 cups radishes trimmed halved thinly sliced (18)
- ☐ 1 kg chicken thighs boneless skinless
- ☐ 1 onion yellow chopped

Equipment

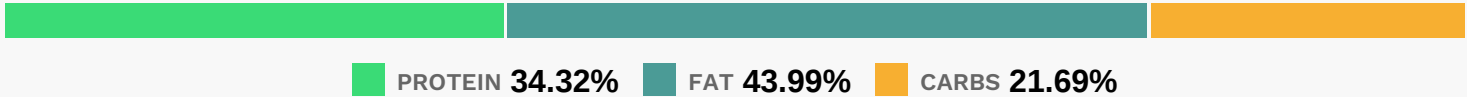
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ To prepare the chicken, in a heavy Dutch oven, stir together the orange juice, lime juice, and achiote paste until the achiote paste is smooth.
- ☐ Add the onion, garlic, and oregano and mix well.
- ☐ Add the chicken thighs and turn to coat evenly.
- ☐ Sprinkle the chicken with salt.
- ☐ Cover, place over medium heat, bring to a simmer, then reduce the heat to low and cook, stirring occasionally, until the sauce has thickened and the chicken is opaque throughout when pierced with a knife tip, about 40 minutes. Uncover and continue to simmer until the sauce is very thick and the chicken begins to fall apart and catch on the bottom of the pan, about 10 minutes.
- ☐ Remove from the heat and let cool slightly, then shred the chicken. Season with salt and pepper.

- ☐ To make the radish slaw, in a small bowl, combine the radishes, green onions, cilantro, and lime juice and toss to mix. Season with salt.
- ☐ Pour oil to a depth of 1 inch (2.5 cm) into a deep, heavy frying pan and warm over medium-high heat until almost smoking. One at a time, add the tortillas and cook, turning once with tongs, until crisp and golden, 1–2 minutes. As each tortilla is ready, transfer it to paper towels to drain, then sprinkle lightly with salt.
- ☐ Arrange 2 tortillas side by side on each individual plate. Top the tortillas with the chicken, dividing it equally, and then spoon the radish slaw evenly over the chicken. Top the tostadas evenly with the cheese and the avocado slices and serve.
- ☐ Reprinted with permission from Kitchen Garden Cookbook by Jeanne Kelley, © 2013 Weldon Owen

Nutrition Facts



Properties

Glycemic Index:54.58, Glycemic Load:7.44, Inflammation Score:-7, Nutrition Score:26.38086986153%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Pelargonidin: 30.51mg, Pelargonidin: 30.51mg, Pelargonidin: 30.51mg, Pelargonidin: 30.51mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 3.52mg, Hesperetin: 3.52mg, Hesperetin: 3.52mg, Hesperetin: 3.52mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 434.69kcal (21.73%), Fat: 21.54g (33.13%), Saturated Fat: 5.34g (33.4%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 16.57g (6.03%), Sugar: 4.8g (5.33%), Cholesterol: 171.68mg (57.23%), Sodium: 549.48mg (23.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.8g (75.61%), Selenium: 42.2µg (60.29%), Vitamin B3: 11.28mg (56.38%), Vitamin B6: 1.11mg (55.73%), Phosphorus: 494mg (49.4%), Vitamin C: 31.05mg (37.63%), Vitamin B2: 0.56mg (33.11%), Vitamin B5: 3.27mg (32.74%), Vitamin K: 32.24µg (30.71%), Fiber: 7.32g (29.29%), Potassium: 1005.01mg (28.71%), Zinc: 3.92mg (26.12%), Folate: 94.48µg (23.62%), Magnesium: 89mg (22.25%), Vitamin B12: 1.32µg (22%), Vitamin B1: 0.28mg (18.98%), Copper: 0.31mg (15.74%), Manganese: 0.3mg (14.91%),

Calcium: 143.37mg (14.34%), Iron: 2.5mg (13.86%), Vitamin E: 1.99mg (13.27%), Vitamin A: 364.2IU (7.28%)