



Chik'n Chalupa

READY IN



15 min.

SERVINGS



15

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup refried black beans warmed
- 0.3 cup olives black pitted sliced
- 1 cup lettuce shredded
- 0.3 cup milk mild cheddar cheese shredded 2% kraft finely
- 2 Tbsp onions chopped
- 2 plum tomatoes chopped
- 4 corn tostada shells (6 inch)
- 10 oz boca spicy chikâ€™n veggie patties frozen

Equipment

Directions

- Cook patties as directed on package.
- Cut each patty into quarters.
- Spread tostada shells with beans.
- Top with quartered patties and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:6.19608690233333%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 83.08kcal (4.15%), Fat: 3.29g (5.06%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 6.54g (2.38%), Sugar: 0.59g (0.65%), Cholesterol: 2.83mg (0.94%), Sodium: 184.93mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.69%), Vitamin B1: 0.55mg (36.73%), Manganese: 0.26mg (13.2%), Folate: 43.87µg (10.97%), Fiber: 2.43g (9.73%), Phosphorus: 75.96mg (7.6%), Selenium: 5.07µg (7.24%), Vitamin B12: 0.4µg (6.66%), Magnesium: 24.09mg (6.02%), Calcium: 48.63mg (4.86%), Vitamin B6: 0.09mg (4.67%), Iron: 0.82mg (4.57%), Vitamin B3: 0.9mg (4.49%), Potassium: 144.77mg (4.14%), Vitamin B2: 0.07mg (4.04%), Copper: 0.08mg (3.91%), Zinc: 0.51mg (3.43%), Vitamin C: 2.22mg (2.69%), Vitamin K: 2.69µg (2.56%), Vitamin A: 124.41IU (2.49%), Vitamin E: 0.2mg (1.31%), Vitamin B5: 0.11mg (1.12%)