



Chipotle-Chicken Tostadas

READY IN



30 min.

SERVINGS



30

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black sliced
- 0.8 cup four cheese shredded mexican style kraft finely
- 1 Tbsp chipotle peppers in adobo sauce canned finely chopped
- 0.5 cup philadelphia cream cheese spread ()
- 0.3 cup knudsen cream sour
- 4 6-inch flour tortillas ()
- 1 Tbsp cilantro leaves fresh chopped
- 2 green onions sliced
- 4.5 tsp juice of lime

- 1.5 cups meat from a rotisserie chicken shredded cooked
- 1 small tomatoes chopped

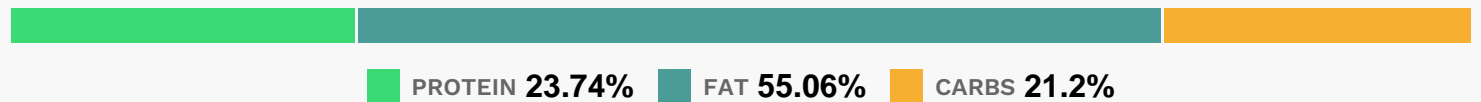
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F.
- Spray both sides of each tortilla with cooking spray; place on baking sheet.
- Bake 6 to 8 min. or until crisp and lightly browned.
- Meanwhile, combine next 4 ingredients; set aside.
- Mix cream cheese spread and chipotle peppers until well blended.
- Spread tortillas with cream cheese mixture; top with chicken and shredded cheese.
- Bake 5 min. or until cheese is melted. Top with tomato mixture, olives and sour cream.

Nutrition Facts



Properties

Glycemic Index:5.43, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:1.7508695818808%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 52.13kcal (2.61%), Fat: 3.17g (4.88%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.45g (0.89%), Sugar: 0.49g (0.55%), Cholesterol: 11.55mg (3.85%), Sodium: 95.02mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Selenium: 3.5µg (5.01%), Vitamin B3: 0.76mg

(3.79%), Phosphorus: 37.27mg (3.73%), Calcium: 34.9mg (3.49%), Vitamin A: 119.5IU (2.39%), Vitamin B2: 0.04mg (2.28%), Vitamin K: 2.35µg (2.24%), Vitamin B6: 0.04mg (1.87%), Vitamin B1: 0.03mg (1.85%), Zinc: 0.25mg (1.65%), Iron: 0.28mg (1.53%), Folate: 5.91µg (1.48%), Manganese: 0.03mg (1.32%), Fiber: 0.3g (1.2%), Potassium: 36.58mg (1.05%), Magnesium: 4.03mg (1.01%)