



Chipotle Fish Tostadas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado sliced
- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 chipotles in adobo canned divided seeded finely chopped
- ☐ 2 teaspoons chipotles in adobo
- ☐ 6 servings cilantro leaves fresh
- ☐ 12 corn tortillas

- ☐ 0.5 bunch cilantro leaves fresh with string
- ☐ 3 garlic clove smashed
- ☐ 4 garlic clove pressed
- ☐ 0.3 teaspoon ground cloves
- ☐ 6 cups lettuce shredded
- ☐ 2 teaspoons kosher salt divided
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.7 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion quartered
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup vegetable oil
- ☐ 3 quarts water
- ☐ 2 pounds fish fillet white firm

Equipment

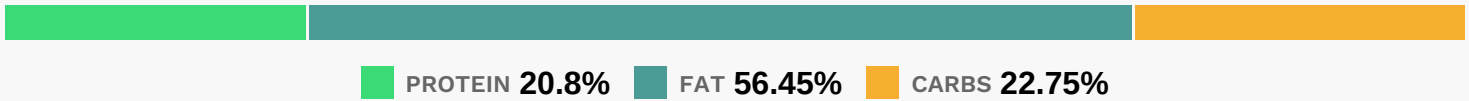
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Bring first 7 ingredients to a boil in a 6-quart Dutch oven.
- ☐ Add fish, reduce heat, and simmer 3 minutes.
- ☐ Drain well, reserving fish but discarding onion, garlic, bay leaf, and cilantro. Flake fish, and set aside.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add pressed garlic cloves, and saut 30 seconds.

- ☐ Add tomatoes, 1 or 2 chopped chipotle chiles, cloves, black pepper, and 1 tablespoon lime juice. Bring to a boil, reduce heat, and simmer 10 minutes or until liquid almost evaporates. Process tomato mixture in a blender until smooth; return to skillet.
- ☐ Add fish to tomato mixture, and cook 1 minute or until thoroughly heated.
- ☐ Remove from heat, cover, and keep warm.
- ☐ Stir remaining chipotle chile into mayonnaise. Stir in 2 teaspoons adobo sauce until blended.
- ☐ Heat vegetable oil in a 9-inch skillet over medium-high heat. Fry tortillas, one at a time, in hot oil 1 minute or until richly browned and crisp, turning once or twice.
- ☐ Drain on paper towels.
- ☐ Spread chipotle mayonnaise evenly on tortillas. Top each tortilla with 1/3 cup fish mixture, 1/2 cup lettuce, and avocado slices.
- ☐ Garnish, if desired.
- ☐ Note: Try this recipe with rotisserie chicken in place of the fish for a quick weeknight dinner.

Nutrition Facts



Properties

Glycemic Index:66.42, Glycemic Load:13.15, Inflammation Score:-8, Nutrition Score:33.629130363464%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg 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: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 691.17kcal (34.56%), Fat: 44.81g (68.94%), Saturated Fat: 7.27g (45.44%), Carbohydrates: 40.64g (13.55%), Net Carbohydrates: 29.5g (10.73%), Sugar: 6.79g (7.54%), Cholesterol: 86.05mg (28.68%), Sodium:

1163.39mg (50.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.31%), Selenium: 68.31µg (97.59%), Vitamin K: 97.73µg (93.07%), Phosphorus: 508.58mg (50.86%), Fiber: 11.14g (44.55%), Vitamin B3: 8.84mg (44.2%), Vitamin B12: 2.42µg (40.31%), Vitamin B6: 0.74mg (36.8%), Potassium: 1237.6mg (35.36%), Vitamin E: 5.28mg (35.17%), Manganese: 0.7mg (34.8%), Folate: 128.96µg (32.24%), Vitamin D: 4.74µg (31.58%), Magnesium: 125.37mg (31.34%), Copper: 0.57mg (28.39%), Vitamin C: 18.44mg (22.35%), Vitamin B5: 2.08mg (20.76%), Iron: 3.49mg (19.37%), Vitamin B1: 0.26mg (17.08%), Vitamin B2: 0.29mg (16.84%), Zinc: 2.07mg (13.83%), Vitamin A: 682.23IU (13.64%), Calcium: 133.36mg (13.34%)