



## Easy Barbecue Tostadas

 Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

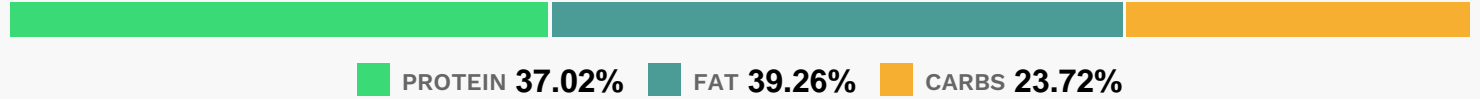
- 10 servings mole barbecue sauce
- 2 pounds chicken without sauce shredded
- 10 servings chipotle cream sour
- 10 servings jicama slaw
- 16 oz refried beans canned
- 10 tostada shells

### Equipment

## Directions

- Spread tostada shells with refried beans. Top with barbecued pork or chicken, Mole Barbecue Sauce, Chipotle Sour Cream, and Jicama Slaw.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:5.4, Glycemic Load:1.18, Inflammation Score:-2, Nutrition Score:9.2417391201724%

## Nutrients (% of daily need)

Calories: 285.96kcal (14.3%), Fat: 12.21g (18.78%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 13.68g (4.97%), Sugar: 1.89g (2.1%), Cholesterol: 75.12mg (25.04%), Sodium: 451.32mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.9g (51.81%), Vitamin B3: 7.42mg (37.12%), Selenium: 23.14µg (33.06%), Vitamin B6: 0.44mg (21.9%), Phosphorus: 217.17mg (21.72%), Fiber: 2.92g (11.68%), Zinc: 1.62mg (10.83%), Vitamin B2: 0.17mg (9.99%), Iron: 1.78mg (9.88%), Vitamin B5: 0.96mg (9.57%), Magnesium: 33.04mg (8.26%), Vitamin B1: 0.12mg (7.82%), Potassium: 265.67mg (7.59%), Calcium: 50.96mg (5.1%), Vitamin B12: 0.29µg (4.8%), Copper: 0.08mg (3.97%), Manganese: 0.08mg (3.92%), Vitamin A: 152.05IU (3.04%), Folate: 5.4µg (1.35%)