



Easy Chicken Tostada Salads

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 oz black beans rinsed drained canned
- 0.3 cup cilantro leaves fresh chopped
- 4 cups lettuce shredded
- 0.3 cup olives ripe sliced
- 1 cup salsa thick
- 0.5 lb chicken breast boneless skinless cooked cut into 1/2-inch slices
- 0.3 cup cream sour
- 2 oz cheddar cheese shredded

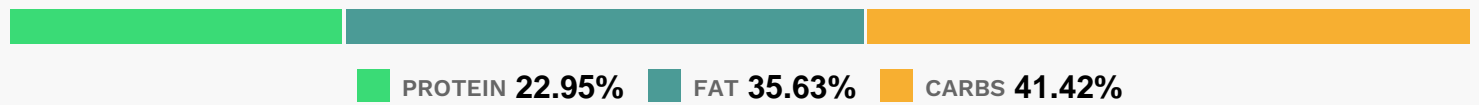
8 purchased corn tostada shells (from 4.5-oz package)

Equipment

Directions

- On each of 4 plates, place 2 tostada shells, slightly overlapping.
- Top tostada shells with remaining ingredients.
- Serve with additional salsa if desired.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:21.56695679478%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 438.4kcal (21.92%), Fat: 17.84g (27.45%), Saturated Fat: 6.77g (42.34%), Carbohydrates: 46.66g (15.55%), Net Carbohydrates: 35.07g (12.75%), Sugar: 4.61g (5.13%), Cholesterol: 58.23mg (19.41%), Sodium: 1347mg (58.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.85g (51.7%), Fiber: 11.59g (46.36%), Phosphorus: 409.9mg (40.99%), Vitamin B3: 7.96mg (39.81%), Vitamin B6: 0.77mg (38.31%), Selenium: 23.65µg (33.79%), Manganese: 0.55mg (27.42%), Potassium: 923.42mg (26.38%), Magnesium: 97.99mg (24.5%), Vitamin B1: 0.36mg (24.16%), Folate: 94.18µg (23.54%), Vitamin K: 23.98µg (22.84%), Calcium: 209.27mg (20.93%), Vitamin A: 978.31IU (19.57%), Iron: 3.46mg (19.2%), Vitamin B2: 0.33mg (19.15%), Copper: 0.35mg (17.35%), Vitamin B5: 1.35mg (13.55%), Zinc: 2.03mg (13.53%), Vitamin E: 1.47mg (9.78%), Vitamin C: 7.2mg (8.73%), Vitamin B12: 0.32µg (5.3%)