



Grilled Chicken Tostadas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons annatto powder crumbled
- ☐ 0.8 cup avocado peeled chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 6-inch corn tortillas ()
- ☐ 2 garlic unpeeled
- ☐ 0.3 teaspoon allspice
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 cups lettuce shredded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup orange juice fresh (1 medium orange)
- ☐ 0.5 cup orange juice fresh (1 medium orange)
- ☐ 0.8 cup queso fresco crumbled
- ☐ 4 cups onion red thinly sliced (1 large)
- ☐ 0.5 cup red wine vinegar red
- ☐ 0.5 cup red wine vinegar red
- ☐ 1.5 pounds chicken breast boneless skinless
- ☐ 2 cups water boiling

Equipment

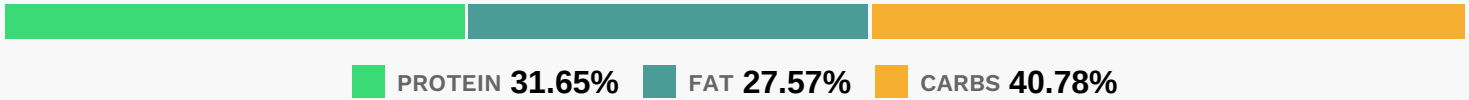
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags
- ☐ meat tenderizer

Directions

- ☐ To prepare pickled onions, combine onion and 2 cups boiling water in a large bowl. Cover and let stand 15 minutes; drain.
- ☐ Add 1/2 cup orange juice, 1/2 cup vinegar, and 1/8 teaspoon salt to onions. Cover and chill at least 2 hours.
- ☐ To prepare chicken, heat a small nonstick skillet over medium heat.
- ☐ Add garlic to pan; cook 7 minutes or until tender, stirring occasionally.
- ☐ Remove garlic from pan; peel and mash.

- ☐ Combine garlic, 1/2 cup orange juice, and the next 7 ingredients (through pepper) in a large zip-top plastic bag. Seal bag, and shake vigorously to dissolve achiote paste.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Add chicken to bag, and seal and marinate in refrigerator for 30 minutes, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- ☐ Let stand 15 minutes. Shred with 2 forks.
- ☐ Lightly coat tortillas on each side with cooking spray.
- ☐ Place tortillas on grill rack; grill 2 minutes on each side or until lightly browned.
- ☐ Arrange 2 tortillas, overlapping halfway, on each of 6 plates. Top each serving with about 1/2 cup chicken mixture and about 1/2 cup pickled onions.
- ☐ Drizzle evenly with vinegar mixture. Top each serving with 1/3 cup lettuce, 2 tablespoons avocado, and 2 tablespoons cheese.
- ☐ Garnish with jalapeos, sour cream, and cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:55.08, Glycemic Load:14.83, Inflammation Score:0, Nutrition Score:23.548695709394%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 5.39mg, Hesperetin: 5.39mg, Hesperetin: 5.39mg, Hesperetin: 5.39mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg

Isorhamnetin: 5.34mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg
Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 22.14mg, Quercetin:
22.14mg, Quercetin: 22.14mg, Quercetin: 22.14mg

Nutrients (% of daily need)

Calories: 405.38kcal (20.27%), Fat: 12.38g (19.05%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 41.19g (13.73%),
Net Carbohydrates: 34.4g (12.51%), Sugar: 9.5g (10.55%), Cholesterol: 83.1mg (27.7%), Sodium: 527.61mg (22.94%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.97g (63.93%), Vitamin B3: 13.27mg (66.37%), Selenium:
43.23µg (61.76%), Vitamin B6: 1.19mg (59.62%), Phosphorus: 518.28mg (51.83%), Vitamin C: 34.51mg (41.83%), Fiber:
6.8g (27.19%), Potassium: 926.58mg (26.47%), Magnesium: 96.21mg (24.05%), Vitamin B5: 2.23mg (22.32%),
Manganese: 0.44mg (21.92%), Calcium: 178.1mg (17.81%), Vitamin B1: 0.24mg (16%), Folate: 63.59µg (15.9%), Vitamin
B2: 0.25mg (14.54%), Zinc: 2.13mg (14.19%), Copper: 0.24mg (11.99%), Vitamin K: 11.55µg (11%), Iron: 1.82mg (10.12%),
Vitamin B12: 0.48µg (8.05%), Vitamin A: 394.13IU (7.88%), Vitamin E: 1.09mg (7.28%), Vitamin D: 0.53µg (3.5%)