



 **23%**
HEALTH SCORE

Grilled Chicken Tostadas

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



519 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 ()
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- 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

  

 **PROTEIN 26.77%**  **FAT 23.9%**  **CARBS 49.33%**

Properties

Glycemic Index:63.5, Glycemic Load:24.89, Inflammation Score:0, Nutrition Score:27.37173915946%

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 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: 518.74kcal (25.94%), Fat: 13.86g (21.33%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 64.38g (21.46%),
Net Carbohydrates: 54.31g (19.75%), Sugar: 9.96g (11.06%), Cholesterol: 83.1mg (27.7%), Sodium: 551.01mg
(23.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.93g (69.86%), Vitamin B3: 14.05mg (70.27%),
Phosphorus: 681.56mg (68.16%), Selenium: 46.4µg (66.29%), Vitamin B6: 1.31mg (65.31%), Vitamin C: 34.51mg
(41.83%), Fiber: 10.07g (40.29%), Magnesium: 133.65mg (33.41%), Manganese: 0.61mg (30.39%), Potassium:
1023.3mg (29.24%), Vitamin B5: 2.29mg (22.89%), Calcium: 220.22mg (22.02%), Vitamin B1: 0.29mg (19.26%), Zinc:
2.81mg (18.73%), Folate: 66.19µg (16.55%), Vitamin B2: 0.28mg (16.53%), Copper: 0.32mg (16%), Iron: 2.46mg
(13.68%), Vitamin K: 11.55µg (11%), Vitamin E: 1.24mg (8.25%), Vitamin B12: 0.48µg (8.05%), Vitamin A: 395.17IU
(7.9%), Vitamin D: 0.53µg (3.5%)