



Grilled Chicken Tostadas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



392 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 clove unpeeled
- ☐ 0.3 teaspoon ground 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)
- ☐ 0.8 cup queso fresco crumbled
- ☐ 4 cups onion red thinly sliced (1 large)
- ☐ 0.5 cup red wine vinegar
- ☐ 1.5 pounds chicken breast boneless skinless
- ☐ 2 cups water boiling

Equipment

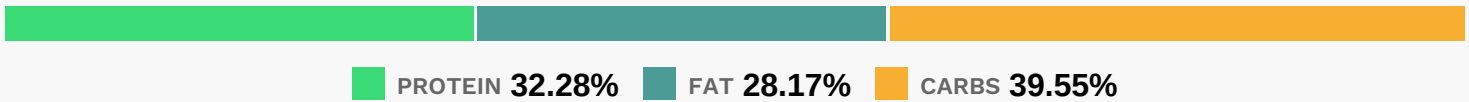
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags
- ☐ meat tenderizer

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:46.42, Glycemic Load:13.74, Inflammation Score:-8, Nutrition Score:22.543043426845%

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: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 2.92mg, Hesperetin: 2.92mg, Hesperetin: 2.92mg, Hesperetin: 2.92mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg 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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 22.09mg, Quercetin: 22.09mg, Quercetin: 22.09mg, Quercetin: 22.09mg

Nutrients (% of daily need)

Calories: 392.3kcal (19.61%), Fat: 12.34g (18.98%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 38.99g (13%), Net Carbohydrates: 32.23g (11.72%), Sugar: 7.76g (8.62%), Cholesterol: 83.1mg (27.7%), Sodium: 525.81mg (22.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.81g (63.63%), Vitamin B3: 13.19mg (65.96%), Selenium: 43.21µg (61.73%), Vitamin B6: 1.18mg (59.2%), Phosphorus: 513.17mg (51.32%), Vitamin C: 24.08mg (29.19%), Fiber: 6.76g (27.02%), Potassium: 877.48mg (25.07%), Magnesium: 93.14mg (23.28%), Vitamin B5: 2.19mg (21.93%), Manganese: 0.43mg (21.31%), Calcium: 174.64mg (17.46%), Vitamin B1: 0.22mg (14.76%), Folate: 57.39µg (14.35%), Vitamin B2: 0.24mg (14.18%), Zinc: 2.11mg (14.08%), Copper: 0.23mg (11.44%), Vitamin K: 11.53µg (10.98%), Iron: 1.69mg (9.4%), Vitamin B12: 0.48µg (8.05%), Vitamin E: 1.08mg (7.22%), Vitamin A: 352.79IU (7.06%), Vitamin D: 0.53µg (3.5%)