



Grilled Chicken Tostadas al Carbon with Grilled Tomatillos and Queso Fresco

READY IN



155 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chipotle chile in adobo coarsely chopped
- ☐ 4 8-inch flour tortillas
- ☐ 2 garlic cloves sliced
- ☐ 4 servings kosher salt
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 sprigs onion chopped for serving
- ☐ 2 ounces queso fresco crumbled

- ☐ 2 cups romaine lettuce shredded
- ☐ 2 large chicken breasts boneless skinless cut into 1-inch pieces 1 pound
- ☐ 1 pound tomatillos rinsed

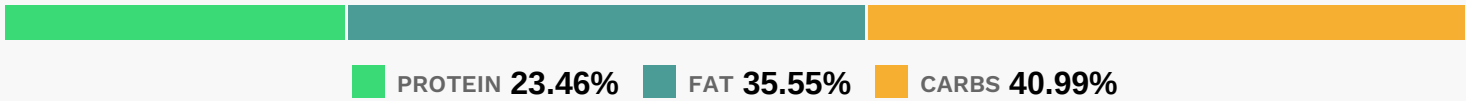
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine the lime juice, garlic and chipotle chile in a medium nonreactive bowl; season with salt.
- ☐ Add the chicken, toss well to coat, and refrigerate 2 hours.
- ☐ Remove the chicken from the marinade; thread onto 4 (12-inch) skewers lightly misted with cooking spray.
- ☐ Preheat the grill to medium. Mist the tortillas with cooking spray.
- ☐ Add the tortillas to the grill; cook, turning once, until lightly toasted, about 1 to 2 minutes per tortilla.
- ☐ Meanwhile, add the chicken and the whole tomatillos to the grill; cook, turning often, until tomatillos are charred and chicken is cooked through, 4 to 6 minutes.
- ☐ Remove the skewers from the chicken.
- ☐ Coarsely chop the tomatillos and toss with oil and salt to taste.
- ☐ Place toasted tortillas on plates; generously top with romaine, tomatillos, chicken, and queso fresco.
- ☐ Serve with onion, cilantro sprigs, and a lime wedge if desired.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:8.1, Inflammation Score:-9, Nutrition Score:21.544782648916%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 342.67kcal (17.13%), Fat: 13.66g (21.01%), Saturated Fat: 4.29g (26.82%), Carbohydrates: 35.43g (11.81%), Net Carbohydrates: 30.53g (11.1%), Sugar: 7.48g (8.31%), Cholesterol: 45.94mg (15.31%), Sodium: 744.83mg (32.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.56%), Vitamin B3: 10.35mg (51.77%), Selenium: 33.08µg (47.26%), Vitamin A: 2315.33IU (46.31%), Vitamin K: 41.69µg (39.71%), Phosphorus: 334.02mg (33.4%), Vitamin B6: 0.57mg (28.47%), Manganese: 0.5mg (25.03%), Vitamin B1: 0.37mg (24.82%), Vitamin C: 19.96mg (24.2%), Folate: 92.67µg (23.17%), Fiber: 4.91g (19.63%), Potassium: 677.08mg (19.35%), Calcium: 178.28mg (17.83%), Iron: 3.17mg (17.62%), Vitamin B2: 0.28mg (16.72%), Magnesium: 56.89mg (14.22%), Vitamin B5: 1.17mg (11.71%), Copper: 0.18mg (9.14%), Zinc: 1.3mg (8.65%), Vitamin E: 1.16mg (7.74%), Vitamin B12: 0.35µg (5.85%), Vitamin D: 0.44µg (2.93%)