



Lambeau Leap Tostadas

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces blackened seasoning
- 1 tablespoon canola oil
- 6 servings canola oil for frying
- 6 chicken breasts whole boneless
- 2 ounces chipotle in adobo
- 1 tablespoon cilantro leaves chopped
- 6 corn tortillas mini
- 6 servings enough greens to cover the tortillas

- 1 teaspoon juice of lemon
- 2 cups mangos fresh diced peeled
- 3 ounces queso fresco crumbled
- 1 small onion diced red
- 1 roasted bell pepper diced peeled seeded
- 6 servings salt and pepper black freshly ground
- 2 scallions diced
- 3 ounces cup heavy whipping cream sour
- 1 teaspoon sugar
- 1 tablespoon balsamic vinegar white

Equipment

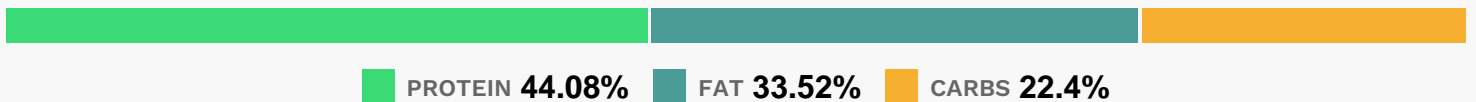
- bowl
- frying pan
- paper towels
- mixing bowl
- grill
- cutting board

Directions

- Put the mango into a mixing bowl.
- Add the chopped cilantro, red onion, scallions, roasted pepper, salt and pepper, to taste.
- Mix to combine. Set aside.
- Preheat the grill to medium.
- Dust the chicken in the blackening spice and grill over medium heat until cooked through. The chicken should cook in 10 to 15 minutes depending on how hot the coals are.
- Remove the chicken to a cutting board and let rest for a few minutes. Thinly slice the chicken and cover to keep warm.

- Heat about 1/2-inch of canola oil in a heavy-bottomed skillet to 365 degrees F. Fry the tortillas until crispy, then set aside on paper towels.
- Mix the sour cream and chipotle together in a small bowl. Set aside.
- Toss the greens in with a scant amount of lemon juice, the sugar, white balsamic and oil.
- Put the tortillas on a flat serving platter and drizzle with the sour cream mixture. Top with greens, sliced chicken and salsa.
- Garnish with queso fresco, and serve.

Nutrition Facts



Properties

Glycemic Index:57.56, Glycemic Load:9.99, Inflammation Score:-9, Nutrition Score:30.425652483235%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 490.93kcal (24.55%), Fat: 18.14g (27.91%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 23.29g (8.47%), Sugar: 11.16g (12.4%), Cholesterol: 162.78mg (54.26%), Sodium: 5517.1mg (239.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.68g (107.35%), Vitamin B3: 24.65mg (123.23%), Selenium: 77.8µg (111.14%), Vitamin B6: 1.9mg (95%), Phosphorus: 653.68mg (65.37%), Vitamin C: 37.46mg (45.4%), Vitamin B5: 3.53mg (35.34%), Potassium: 1134.11mg (32.4%), Vitamin A: 1398.26IU (27.97%), Magnesium: 96.07mg (24.02%), Vitamin B2: 0.34mg (20.16%), Fiber: 3.98g (15.93%), Zinc: 2.26mg (15.06%), Calcium: 149.04mg (14.9%), Vitamin K: 15.5µg (14.76%), Vitamin B1: 0.22mg (14.52%), Folate: 57.89µg (14.47%), Manganese: 0.27mg (13.61%), Vitamin E: 2.03mg (13.54%), Vitamin B12: 0.72µg (12%), Iron: 1.94mg (10.77%), Copper: 0.21mg (10.51%), Vitamin D: 0.61µg (4.06%)