



Mini Chicken and Mango Tostadas

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocados pitted ripe peeled halved
- 24 large tortilla chips for serving
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 jalapeño minced seeded
- 2 juice of lime
- 6 servings kosher salt
- 1 cup mangos diced pitted peeled
- 2 tablespoons olive oil

- 2 tablespoons onion red minced
- 2 cups meat from a rotisserie chicken shredded cooked

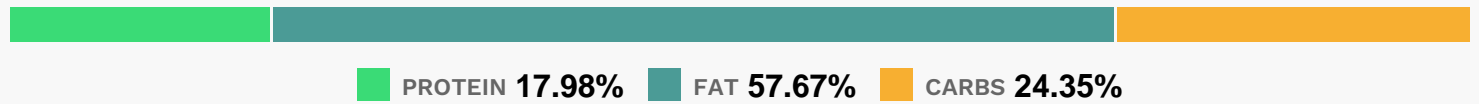
Equipment

- bowl

Directions

- Combine the chicken, mango, red onions, jalapeno, and cilantro in a bowl.
- Add half the lime juice, olive oil, and salt to taste. Next, mash the avocados together with the remaining lime juice and salt to taste in another bowl.
- Top the tortilla chips with a dollop of mashed avocado and some chicken salad and serve.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:2.48, Inflammation Score:-6, Nutrition Score:12.6817391333337%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg 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: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 303.71kcal (15.19%), Fat: 20.21g (31.1%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 19.21g (6.4%), Net Carbohydrates: 13.5g (4.91%), Sugar: 4.66g (5.18%), Cholesterol: 35mg (11.67%), Sodium: 273.61mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.36%), Vitamin C: 21.36mg (25.89%), Vitamin B3: 5.16mg

(25.81%), Fiber: 5.71g (22.83%), Vitamin B6: 0.43mg (21.53%), Vitamin K: 21.04µg (20.04%), Vitamin E: 2.8mg (18.64%), Folate: 71.86µg (17.96%), Selenium: 12.47µg (17.82%), Vitamin B5: 1.6mg (16.01%), Phosphorus: 157.99mg (15.8%), Potassium: 519.75mg (14.85%), Magnesium: 43.39mg (10.85%), Vitamin B2: 0.18mg (10.46%), Copper: 0.2mg (10.05%), Zinc: 1.34mg (8.96%), Vitamin A: 437.01IU (8.74%), Vitamin B1: 0.1mg (6.86%), Iron: 1.21mg (6.71%), Manganese: 0.13mg (6.42%), Calcium: 31.9mg (3.19%), Vitamin B12: 0.14µg (2.26%)