



Miniature Chicken Tostadas

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 1 cup chicken breast cooked finely chopped (skinned before cooking and without salt)
- ☐ 8 6-inch corn tortillas ()
- ☐ 0.5 cup jicama finely chopped
- ☐ 0.3 cup mayonnaise light
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 1 tablespoon pimientos diced drained

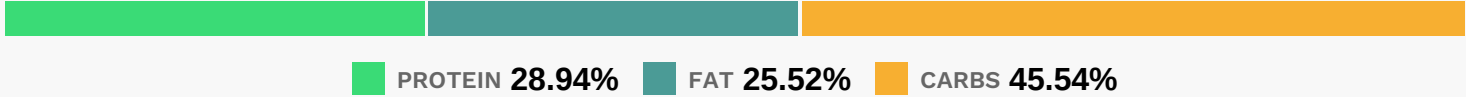
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 6 ingredients; set aside.
- ☐ Cut each tortilla into 5 rounds, using a 2-inch biscuit cutter.
- ☐ Place rounds on a large baking sheet; bake at 350 for 6 minutes. Turn chips, and bake 2 to 3 additional minutes or until crisp.
- ☐ Preheat broiler.
- ☐ Spread chicken mixture over chips (about 1 tablespoon per chip). Broil 5 1/2 inches from heat 3 minutes or until mixture is hot and bubbly.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:2.04, Inflammation Score:-1, Nutrition Score:2.2052173876892%

Nutrients (% of daily need)

Calories: 48.58kcal (2.43%), Fat: 1.39g (2.14%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 4.64g (1.69%), Sugar: 0.29g (0.32%), Cholesterol: 6.99mg (2.33%), Sodium: 75.95mg (3.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Phosphorus: 64.2mg (6.42%), Vitamin B3: 1.17mg (5.85%), Selenium: 3.09µg (4.42%), Vitamin C: 3.62mg (4.39%), Vitamin B6: 0.08mg (3.85%), Fiber: 0.94g (3.76%), Magnesium: 10.73mg (2.68%), Calcium: 24.15mg (2.41%), Manganese: 0.04mg (1.91%), Iron: 0.34mg (1.87%), Zinc: 0.27mg (1.82%), Vitamin K: 1.63µg (1.55%), Potassium: 53.53mg (1.53%), Vitamin B2: 0.02mg (1.44%), Folate: 5.11µg (1.28%), Copper: 0.02mg (1.13%), Vitamin B1: 0.02mg (1.11%)