



Quick Chicken Tostadas

READY IN



45 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 4.5 ounce chiles green chopped canned
- 4 grilled chicken breast halves chopped
- 6 6-inch flour tortillas ()
- 3 green onions chopped
- 2 ounces monterrey jack cheese shredded
- 2 ounces cheddar cheese shredded
- 6 servings cup heavy whipping cream sour
- 2 tomatoes chopped

Equipment

- baking sheet
- oven

Directions

- Place tortillas in a single layer on baking sheets; brush with butter.
- Bake at 400 for 4 to 5 minutes or until lightly browned.
- Combine chicken, tomato, and chiles; spoon evenly onto tortillas. Top evenly with cheeses and green onions; sprinkle with paprika, if desired.
- Bake 3 to 4 more minutes or until cheeses melt.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:5.27, Inflammation Score:-7, Nutrition Score:20.465652030447%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 425.79kcal (21.29%), Fat: 18.83g (28.97%), Saturated Fat: 9.28g (58.02%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 16.63g (6.05%), Sugar: 2.82g (3.14%), Cholesterol: 132.44mg (44.15%), Sodium: 545.3mg (23.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.5g (87.01%), Vitamin B3: 17.48mg (87.42%), Selenium: 42.97µg (61.39%), Phosphorus: 433.12mg (43.31%), Vitamin B6: 0.79mg (39.34%), Calcium: 227.62mg (22.76%), Vitamin B2: 0.33mg (19.68%), Vitamin K: 19.13µg (18.22%), Vitamin B1: 0.26mg (17.24%), Vitamin C: 14.12mg (17.12%), Vitamin A: 810.96IU (16.22%), Iron: 2.86mg (15.87%), Folate: 58.8µg (14.7%), Potassium: 499.85mg (14.28%), Zinc: 2.09mg (13.95%), Magnesium: 52.81mg (13.2%), Vitamin B5: 1.32mg (13.19%), Manganese: 0.23mg (11.37%), Vitamin B12: 0.6µg (10.03%), Fiber: 2.06g (8.24%), Copper: 0.12mg (6.24%), Vitamin E: 0.81mg (5.42%), Vitamin D: 0.23µg (1.52%)