



Rotisserie Chicken and Bean Tostadas

 Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups rotisserie chicken cut shredded
- 6 small corn tortillas
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- 0.3 can refried beans
- 0.5 tomatoes diced
- 1 jalapeno sliced
- 3 servings lettuce shredded
- 3 servings cotija cheese (Mexican queso)

- 1 lime cut into wedges
- 6 teaspoons guacamole
- 3 servings salsa

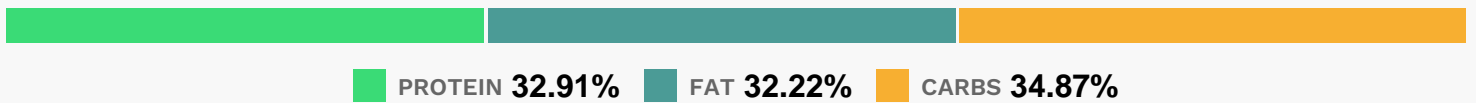
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 350 degrees.
- Place corn tortillas on a cookie sheet and bake for 16–17 minutes or until the edges brown and curl. Cool cooked tortillas at room temperature. To build the tostadas, start by spreading 1–2 tablespoons of refried beans on each tortilla. Next, top with a handful of shredded rotisserie chicken, shredded iceberg lettuce, diced tomato, and guacamole.
- Drizzle with the juice of one lime wedge.
- Sprinkle with cotija cheese.
- Drizzle with salsa.
- Garnish with jalapeos.
- Serve open-faced. Makes 6 tostadas. Serving size is 2 tostadas.

Nutrition Facts



Properties

Glycemic Index:113.67, Glycemic Load:22.57, Inflammation Score:-7, Nutrition Score:19.155652173913%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin:

0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Taste

Sweetness: 19.81%, Saltiness: 100%, Sourness: 17.08%, Bitterness: 16.12%, Savoriness: 73.17%, Fattiness: 60.49%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 670.93kcal (33.55%), Fat: 24.65g (37.92%), Saturated Fat: 8.22g (51.37%), Carbohydrates: 60.02g (20.01%), Net Carbohydrates: 48.72g (17.72%), Sugar: 5.81g (6.46%), Cholesterol: 178.12mg (59.37%), Sodium: 1317.24mg (57.27%), Protein: 56.64g (113.28%), Phosphorus: 473.13mg (47.31%), Fiber: 11.3g (45.21%), Calcium: 277.95mg (27.79%), Vitamin K: 28.89µg (27.51%), Manganese: 0.54mg (27.22%), Vitamin B6: 0.53mg (26.51%), Magnesium: 99.97mg (24.99%), Vitamin C: 19.34mg (23.45%), Vitamin B2: 0.38mg (22.54%), Vitamin A: 1004.79IU (20.1%), Zinc: 2.58mg (17.2%), Potassium: 570.93mg (16.31%), Selenium: 11.39µg (16.26%), Folate: 59.35µg (14.84%), Vitamin B1: 0.22mg (14.48%), Vitamin B3: 2.79mg (13.97%), Iron: 2.5mg (13.9%), Copper: 0.27mg (13.41%), Vitamin E: 1.51mg (10.08%), Vitamin B12: 0.51µg (8.45%), Vitamin B5: 0.83mg (8.25%)