



Rotisserie Chicken Tostadas

 Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocados pitted cut into 1/2-inch chunks
- 8 6-inch corn tortillas
- 1 tablespoon juice of lime
- 4 oz pepper jack shredded
- 1 cup refried beans fat-free
- 2 cups romaine lettuce shredded
- 2 cups rotisserie chicken cut shredded boneless skinless cooked
- 1 cup tomato salsa

0.5 teaspoon salt

Equipment

baking sheet

oven

aluminum foil

Directions

Preheat oven to 400F. Line a baking sheet with heavy-duty foil. Mist both sides of tortillas with cooking spray.

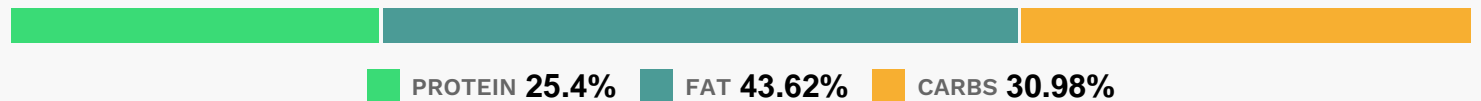
Place on sheet and bake until crisp, about 8 minutes.

Toss avocado with lime juice; season with salt.

Spread some beans on each tortilla, top with chicken and avocado.

Sprinkle with cheese. Return to oven and bake until warmed through, 7 to 10 minutes. Top with lettuce and salsa and serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:12.4, Inflammation Score:-9, Nutrition Score:28.543912861658%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 547.49kcal (27.37%), Fat: 27.49g (42.28%), Saturated Fat: 8.4g (52.53%), Carbohydrates: 43.93g (14.64%), Net Carbohydrates: 29.72g (10.81%), Sugar: 5.58g (6.2%), Cholesterol: 87.53mg (29.18%), Sodium: 1503.27mg

(65.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.01g (72.02%), Fiber: 14.21g (56.83%), Vitamin A: 2788.9IU (55.78%), Phosphorus: 548.99mg (54.9%), Vitamin B3: 10.35mg (51.76%), Vitamin K: 48.65µg (46.34%), Selenium: 31.19µg (44.55%), Vitamin B6: 0.76mg (37.76%), Folate: 131.74µg (32.94%), Calcium: 321.93mg (32.19%), Potassium: 1044.5mg (29.84%), Vitamin B5: 2.69mg (26.91%), Magnesium: 105.79mg (26.45%), Vitamin B2: 0.41mg (23.92%), Manganese: 0.44mg (21.86%), Vitamin E: 3.25mg (21.67%), Zinc: 3mg (20%), Copper: 0.36mg (18.21%), Vitamin C: 13.35mg (16.18%), Iron: 2.78mg (15.44%), Vitamin B1: 0.22mg (14.66%), Vitamin B12: 0.43µg (7.19%), Vitamin D: 0.17µg (1.13%)