



## Salmon Tostadas with Zucchini-Radish Slaw

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 avocado
- 0.3 cup cilantro leaves fresh loosely packed
- 1 garlic clove minced
- 0.3 teaspoon chipotle chili powder
- 1 jalapeno thinly sliced
- 1 tablespoon juice of lime fresh
- 3 tablespoons juice of lime fresh
- 1 teaspoon lime zest

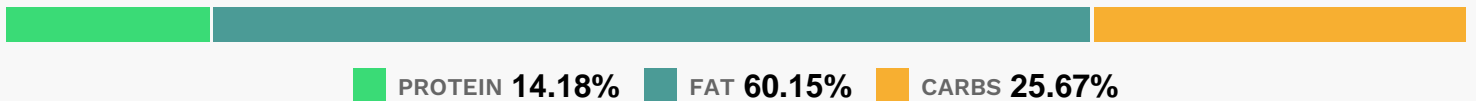
- 2 tablespoons olive oil
- 5 radishes thinly sliced
- 2.5 cups savoy cabbage shredded
- 8 oz to 2 hot-smoked salmon fillets smoked
- 0.5 cup cup heavy whipping cream sour
- 6 servings table salt and pepper to taste
- 6 tostada shells
- 1 cup zucchini grated

## Equipment

## Directions

- Stir together sour cream, lime zest, garlic, ground chipotle chile pepper, lime juice, and salt and pepper to taste. Toss together cabbage, zucchini, radishes, cilantro, jalapeo pepper, olive oil, lime juice, and salt and pepper to taste.
- Let stand 15 minutes. Flake salmon into pieces, discarding skin.
- Spread sour cream mixture over tostada shells, and top with salmon and cabbage mixture.
- Cut avocado into 6 wedges. Top tostadas with avocado wedges; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:40.83, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:15.026086931643%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Pelargonidin: 2.1mg, Pelargonidin: 2.1mg, Pelargonidin: 2.1mg, Pelargonidin: 2.1mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg

Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg  
Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin:  
0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg,  
Quercetin: 0.89mg

## **Nutrients (% of daily need)**

Calories: 271.62kcal (13.58%), Fat: 18.93g (29.13%), Saturated Fat: 4.83g (30.18%), Carbohydrates: 18.18g (6.06%),  
Net Carbohydrates: 13.63g (4.96%), Sugar: 2.4g (2.67%), Cholesterol: 20mg (6.67%), Sodium: 620.18mg (26.96%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.05g (20.09%), Vitamin D: 6.46µg (43.09%), Vitamin K:  
34.51µg (32.87%), Vitamin C: 23.02mg (27.9%), Vitamin B12: 1.27µg (21.21%), Selenium: 13.89µg (19.85%), Vitamin B6:  
0.37mg (18.67%), Fiber: 4.54g (18.18%), Phosphorus: 151.75mg (15.18%), Folate: 60.41µg (15.1%), Vitamin E: 2.18mg  
(14.56%), Vitamin B3: 2.9mg (14.49%), Vitamin A: 649.49IU (12.99%), Potassium: 446.65mg (12.76%), Manganese:  
0.23mg (11.28%), Magnesium: 44.85mg (11.21%), Copper: 0.22mg (10.88%), Vitamin B5: 1.02mg (10.21%), Vitamin B2:  
0.16mg (9.7%), Vitamin B1: 0.13mg (8.58%), Iron: 1.06mg (5.88%), Calcium: 58.16mg (5.82%), Zinc: 0.78mg (5.19%)