



Salsa-Chicken Tostadas

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado chopped
- 0.5 cup four cheese shredded mexican style kraft finely
- 0.3 cup knudsen cream sour
- 1 cup lettuce shredded
- 1 cup taco bellâ® refried beans warmed
- 0.3 cup taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless cut into 1/2-inch pieces
- 1 oz taco bellâ® taco seasoning mix

4 tostada shells (6 inch)

0.5 cup water

Equipment

frying pan

Directions

Cook and stir chicken in large nonstick skillet on medium-high heat 3 min. or until no longer pink.

Add water and seasoning mix; simmer on medium-low heat 5 min. or until chicken is done and sauce is thickened, stirring occasionally.

Spread beans onto tostada shells; top with layers of chicken mixture and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:4.2708695349486%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 86.95kcal (4.35%), Fat: 4.37g (6.72%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 3.87g (1.41%), Sugar: 0.93g (1.04%), Cholesterol: 19.04mg (6.35%), Sodium: 273.4mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.05%), Vitamin B3: 2.64mg (13.18%), Selenium: 8.31µg (11.87%), Vitamin B6: 0.22mg (10.9%), Phosphorus: 76.44mg (7.64%), Fiber: 1.74g (6.95%), Vitamin B5: 0.5mg (5%), Vitamin A: 244.3IU (4.89%), Potassium: 159.71mg (4.56%), Vitamin B2: 0.06mg (3.42%), Calcium: 33.42mg (3.34%), Magnesium: 13.17mg (3.29%), Vitamin K: 3.27µg (3.12%), Folate: 10.99µg (2.75%), Vitamin C: 2.1mg (2.55%), Vitamin B1: 0.04mg (2.46%), Zinc: 0.36mg (2.41%), Iron: 0.43mg (2.38%), Vitamin E: 0.33mg (2.2%), Manganese: 0.04mg

(1.92%), Copper: 0.04mg (1.78%), Vitamin B12: 0.08µg (1.36%)