



Shredded Chicken and Corn Tostadas

READY IN



20 min.

SERVINGS



8

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 inch flour tortillas soft for tacos & fajitas old el paso®
- 0.3 cup green onions sliced
- 2.5 cups lettuce shredded
- 1 cup monterrey jack cheese shredded
- 16 ounce salsa old el paso® (any variety)
- 1.5 cups meat from a rotisserie chicken shredded cooked
- 0.5 cup cup heavy whipping cream sour
- 11 ounce kernel corn whole with red and green peppers, drained green giant® steamcrisp® mexicorn®
canned

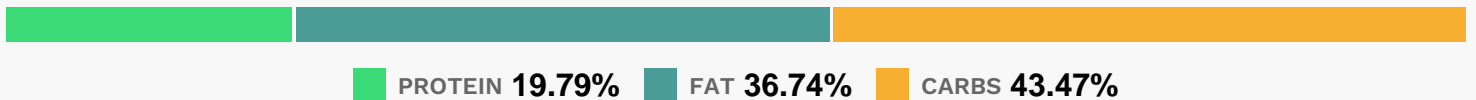
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 375 degrees F. On ungreased cookie sheets, bake tortillas 7 to 10 minutes or until crisp.
- Meanwhile, in 2-quart saucepan, stir together corn, chicken and salsa. Cook over medium-high heat 3 to 5 minutes, stirring frequently, until hot.
- In small bowl, stir sour cream and milk until thin enough to drizzle. Top tortillas with lettuce and chicken mixture.
- Sprinkle with cheese.
- Drizzle with sour cream mixture.
- Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:8.39, Inflammation Score:-6, Nutrition Score:13.560869623785%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 335.07kcal (16.75%), Fat: 13.71g (21.09%), Saturated Fat: 6.26g (39.13%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 33.28g (12.1%), Sugar: 5.18g (5.76%), Cholesterol: 40.74mg (13.58%), Sodium: 933.53mg

(40.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.21%), Selenium: 21.3µg (30.42%), Phosphorus: 271.97mg (27.2%), Vitamin B3: 5.4mg (26.99%), Calcium: 222.65mg (22.26%), Vitamin B1: 0.32mg (21.47%), Manganese: 0.39mg (19.3%), Folate: 76.16µg (19.04%), Vitamin K: 18.62µg (17.73%), Vitamin B2: 0.3mg (17.53%), Iron: 2.8mg (15.54%), Vitamin B6: 0.27mg (13.34%), Fiber: 3.21g (12.84%), Vitamin A: 625.2IU (12.5%), Potassium: 387mg (11.06%), Zinc: 1.42mg (9.45%), Magnesium: 37.31mg (9.33%), Copper: 0.13mg (6.69%), Vitamin E: 0.84mg (5.61%), Vitamin B5: 0.56mg (5.57%), Vitamin C: 3.09mg (3.74%), Vitamin B12: 0.22µg (3.73%)