



Shredded Chicken and Corn Tostadas

READY IN



20 min.

SERVINGS



8

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 6-inch flour tortilla soft for tacos & fajitas (; from 8.2-oz package)
- 0.3 cup spring onion sliced
- 2.5 cups lettuce shredded
- 1 tablespoons milk
- 4 oz monterrey jack cheese shredded
- 16 oz salsa (any variety)
- 1.5 cups chicken shredded cooked
- 0.5 cup cream sour
- 11 oz corn whole with red and green peppers, drained canned

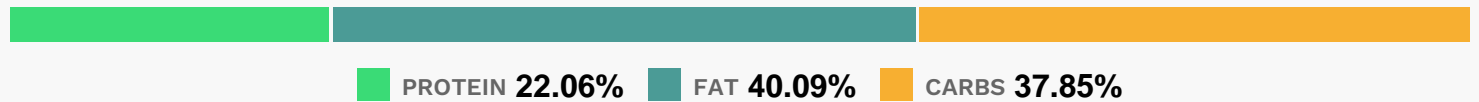
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 375F. 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:20.38, Glycemic Load:4.92, Inflammation Score:-6, Nutrition Score:11.173043517963%

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: 267.54kcal (13.38%), Fat: 11.98g (18.44%), Saturated Fat: 5.65g (35.3%), Carbohydrates: 25.46g (8.49%), Net Carbohydrates: 23.04g (8.38%), Sugar: 4.44g (4.93%), Cholesterol: 41.01mg (13.67%), Sodium: 768.94mg (33.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.67%), Selenium: 16.32µg (23.32%),

Phosphorus: 227.74mg (22.77%), Vitamin B3: 4.41mg (22.03%), Calcium: 192.47mg (19.25%), Vitamin K: 17.01µg (16.2%), Vitamin B1: 0.21mg (13.99%), Vitamin B2: 0.24mg (13.96%), Folate: 55.02µg (13.76%), Manganese: 0.27mg (13.75%), Vitamin B6: 0.25mg (12.74%), Vitamin A: 628.62IU (12.57%), Iron: 1.98mg (11.01%), Potassium: 361.73mg (10.34%), Fiber: 2.42g (9.69%), Zinc: 1.31mg (8.71%), Magnesium: 32.59mg (8.15%), Vitamin E: 0.84mg (5.61%), Copper: 0.11mg (5.52%), Vitamin B5: 0.53mg (5.27%), Vitamin B12: 0.23µg (3.9%), Vitamin C: 3.09mg (3.74%)