



Shredded Chicken and Corn Tostadas

READY IN



20 min.

SERVINGS



8

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 1.5 cups chicken shredded cooked
- ☐ 16 oz salsa
- ☐ 0.5 cup cream sour
- ☐ 1 tablespoons milk
- ☐ 2.5 cups lettuce shredded
- ☐ 4 oz monterrey jack cheese shredded
- ☐ 0.3 cup spring onion sliced

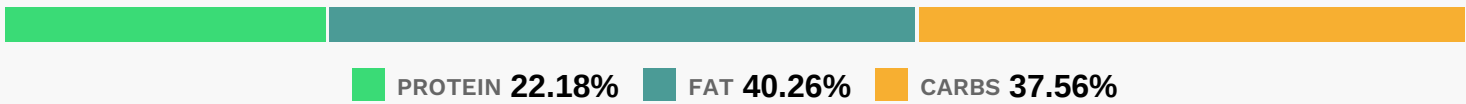
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 375°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:20.38, Glycemic Load:4.77, Inflammation Score:-6, Nutrition Score:11.068695687729%

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: 264.65kcal (13.23%), Fat: 11.91g (18.32%), Saturated Fat: 5.62g (35.13%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 22.61g (8.22%), Sugar: 4.41g (4.9%), Cholesterol: 41.01mg (13.67%), Sodium: 762.01mg (33.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.52%), Selenium: 16.11µg (23.02%), Phosphorus:

225.8mg (22.58%), Vitamin B3: 4.36mg (21.82%), Calcium: 191.1mg (19.11%), Vitamin K: 16.94µg (16.13%), Vitamin B2: 0.23mg (13.8%), Vitamin B1: 0.21mg (13.67%), Folate: 54.14µg (13.53%), Manganese: 0.27mg (13.51%), Vitamin B6: 0.25mg (12.71%), Vitamin A: 628.62IU (12.57%), Iron: 1.95mg (10.82%), Potassium: 360.55mg (10.3%), Fiber: 2.39g (9.56%), Zinc: 1.3mg (8.68%), Magnesium: 32.39mg (8.1%), Vitamin E: 0.84mg (5.61%), Copper: 0.11mg (5.47%), Vitamin B5: 0.53mg (5.25%), Vitamin B12: 0.23µg (3.9%), Vitamin C: 3.09mg (3.74%)