



Shredded Pork Tostadas with Xnipec Radish Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup knudsen cream sour
- 2 Tbsp cilantro leaves fresh coarsely chopped
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 Tbsp juice of lime fresh
- 0.5 recipe pork chops in mole sauce shredded green
- 1 cup radishes sliced
- 1 serrano chile seeded coarsely chopped

8 tostada shells

Equipment

microwave

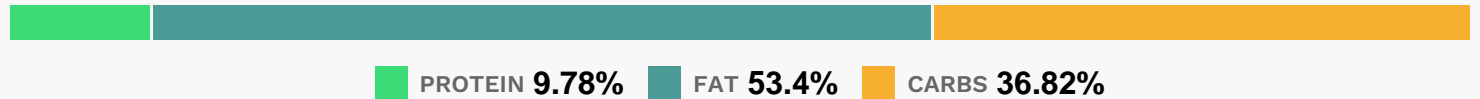
Directions

Combine first 5 ingredients.

Toss meat with mole sauce in microwaveable casserole; cover with lid. Microwave on HIGH 1 to 2 min. or until heated through, stirring after each minute.

Top tostadas with meat mixture, radish mixture and sour cream.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:6.7304347572119%

Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 263.05kcal (13.15%), Fat: 16.05g (24.69%), Saturated Fat: 5.86g (36.59%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 22.44g (8.16%), Sugar: 2.44g (2.71%), Cholesterol: 28.18mg (9.4%), Sodium: 318.38mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.23%), Vitamin B1: 0.24mg (16.05%), Vitamin B6: 0.29mg (14.39%), Phosphorus: 134.82mg (13.48%), Selenium: 7.67µg (10.95%), Vitamin B3: 1.99mg (9.96%), Fiber: 2.45g (9.82%), Magnesium: 36.26mg (9.06%), Vitamin C: 6.43mg (7.8%), Manganese: 0.15mg (7.54%), Potassium: 260.37mg (7.44%), Vitamin B2: 0.12mg (7.28%), Calcium: 64.32mg (6.43%), Zinc: 0.85mg (5.7%), Vitamin K: 5.74µg (5.47%), Vitamin A: 213.88IU (4.28%), Iron: 0.75mg (4.15%), Copper: 0.08mg (4.13%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.15µg (2.49%), Folate: 9.82µg (2.45%), Vitamin E: 0.32mg (2.1%)