



Slow-Cooker Mexican Chicken Tostadas

 Gluten Free

READY IN



620 min.

SERVINGS



10

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chili powder
- 10 cloves garlic finely chopped
- 1 large jalapeno finely chopped
- 1 cup lettuce shredded
- 2 tablespoons juice of lime
- 0.8 cup salsa thick
- 2 teaspoons salt
- 4 ounces cheddar cheese shredded

- 2.5 pounds chicken thighs boneless skinless
- 0.3 cup cream sour
- 4.8 ounces purchased corn tostada shells (10 shells)
- 2 tablespoons vegetable oil

Equipment

- slow cooker
- cutting board

Directions

- Mix jalapeo chili, garlic, chili powder, oil, lime juice and salt in 3- to 4-quart slow cooker.
- Add chicken; coat with oil mixture.
- Cover and cook on low heat setting 8 to 10 hours.
- Remove chicken from cooker; place on cutting board. Shred chicken,using 2 forks. Return chicken to cooker and mix well. Using slottedspoon to remove chicken mixture from cooker, place 1/3 cup chickenmixture on each tostada shell. Top with lettuce, cheese, salsa and sourcream.

Nutrition Facts

PROTEIN 35.06% **FAT 47.6%** **CARBS 17.34%**

Properties

Glycemic Index:12.1, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:14.545652117418%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 297.94kcal (14.9%), Fat: 15.83g (24.36%), Saturated Fat: 5.34g (33.4%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 11.07g (4.03%), Sugar: 1.37g (1.52%), Cholesterol: 122.46mg (40.82%), Sodium: 886.86mg (38.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.24g (52.47%), Selenium: 30.29µg (43.28%), Vitamin B3: 7.01mg (35.06%), Vitamin B6: 0.68mg (33.96%), Phosphorus: 313.84mg (31.38%), Vitamin B2: 0.3mg (17.7%), Zinc: 2.49mg (16.57%), Vitamin A: 797.67IU (15.95%), Vitamin B5: 1.54mg (15.39%), Vitamin B12: 0.86µg (14.3%), Vitamin K: 13.22µg (12.59%), Calcium: 124.87mg (12.49%), Potassium: 436.76mg (12.48%), Magnesium: 47.09mg (11.77%), Vitamin B1: 0.18mg (11.71%), Vitamin E: 1.45mg (9.69%), Manganese: 0.18mg (9.04%), Iron: 1.59mg (8.82%), Fiber: 1.9g (7.59%), Copper: 0.13mg (6.48%), Vitamin C: 4.13mg (5.01%), Folate: 11.35µg (2.84%)