



Turkey Tostadas with Cranberry Chipotle Sauce

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 1 tablespoon chipotles in adobo chopped
- 0.5 teaspoon chipotle chili powder
- 1 cup cranberries fresh
- 1 tablespoon ground cumin
- 2 cups lettuce shredded
- 1 teaspoon oregano dried

- 8 purchased corn tostada shells (from 4.5-oz box)
- 4 cups turkey shredded cooked
- 1 tablespoon vegetable oil
- 0.5 cup water

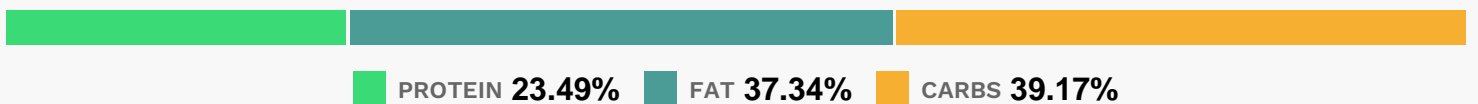
Equipment

- frying pan
- sauce pan

Directions

- In 1-quart saucepan, heat Sauce ingredients to boiling over medium heat. Cook 10 to 15 minutes or until cranberries have popped and sauce has thickened.
- Meanwhile, in 10-inch skillet, heat oil over medium heat.
- Add turkey, cumin, oregano and chili powder; stir to mix. Cook 5 to 7 minutes or until turkey is thoroughly heated.
- Heat refried beans as directed on can.
- To assemble tostadas, spread each tostada shell with warm refried beans. Top with turkey, lettuce and sauce.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:15.285217399183%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-

gallate: 0.24mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg 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: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 405.58kcal (20.28%), Fat: 17.2g (26.45%), Saturated Fat: 4.33g (27.06%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 36.5g (13.27%), Sugar: 15.5g (17.22%), Cholesterol: 71.57mg (23.86%), Sodium: 344.35mg (14.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.68%), Vitamin B3: 8.3mg (41.52%), Vitamin B6: 0.77mg (38.36%), Selenium: 22.28µg (31.82%), Phosphorus: 268.37mg (26.84%), Vitamin B12: 1.21µg (20.21%), Vitamin K: 19.63µg (18.7%), Manganese: 0.35mg (17.74%), Iron: 2.98mg (16.53%), Fiber: 4.08g (16.31%), Zinc: 2.36mg (15.7%), Magnesium: 62.7mg (15.67%), Vitamin B2: 0.24mg (14.05%), Vitamin B1: 0.19mg (12.86%), Potassium: 427.91mg (12.23%), Vitamin B5: 1mg (10.01%), Copper: 0.18mg (8.91%), Calcium: 79.57mg (7.96%), Vitamin A: 353.25IU (7.07%), Vitamin E: 1mg (6.66%), Vitamin C: 4.64mg (5.62%), Folate: 19.19µg (4.8%), Vitamin D: 0.3µg (1.99%)