



## Turkey Tostadas with Cranberry Chipotle Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup cranberries fresh
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon chipotles in adobo chopped
- ☐ 0.5 cup water
- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups turkey shredded cooked
- ☐ 1 tablespoon ground cumin

- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon chipotle chili powder
- ☐ 2 cups lettuce shredded
- ☐ 4.5 oz purchased corn tostada shells (12 Count)

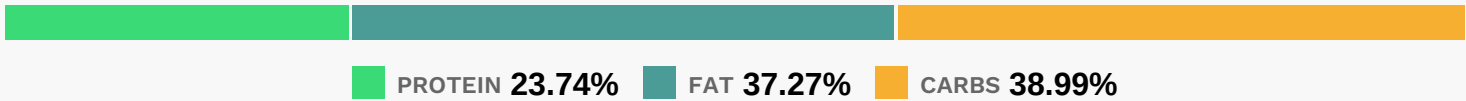
## Equipment

- ☐ 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:15.198695711468%

## 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: 400.33kcal (20.02%), Fat: 16.94g (26.06%), Saturated Fat: 4.25g (26.58%), Carbohydrates: 39.86g (13.29%), Net Carbohydrates: 35.85g (13.04%), Sugar: 15.5g (17.22%), Cholesterol: 71.57mg (23.86%), Sodium: 337.08mg (14.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.55%), Vitamin B3: 8.29mg (41.43%), Vitamin B6: 0.76mg (38.16%), Selenium: 22.25µg (31.79%), Phosphorus: 266.12mg (26.61%), Vitamin B12: 1.21µg (20.21%), Vitamin K: 19.63µg (18.7%), Manganese: 0.35mg (17.53%), Iron: 2.96mg (16.44%), Fiber: 4.01g (16.06%), Zinc: 2.34mg (15.61%), Magnesium: 61.85mg (15.46%), Vitamin B2: 0.24mg (13.99%), Vitamin B1: 0.19mg (12.6%), Potassium: 425.29mg (12.15%), Vitamin B5: 1mg (9.99%), Copper: 0.18mg (8.83%), Calcium: 78.73mg (7.87%), 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%)