



Turkey Tostadas with Spicy Cranberry-Chipotle Sauce

 Gluten Free

READY IN



38 min.

SERVINGS



8

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup refried black beans
- ☐ 0.5 cup cilantro leaves fresh loosely packed
- ☐ 2 garlic cloves minced
- ☐ 8 lime wedges
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion sliced
- ☐ 1 poblano pepper seeded sliced

- ☐ 1 cup queso fresco fresh crumbled (Mexican cheese)
- ☐ 1 large bell pepper red sliced
- ☐ 8 servings salt to taste
- ☐ 8 tostada shells
- ☐ 3 cups roasted turkey shredded
- ☐ 8 servings spicy cranberry-chipotle sauce

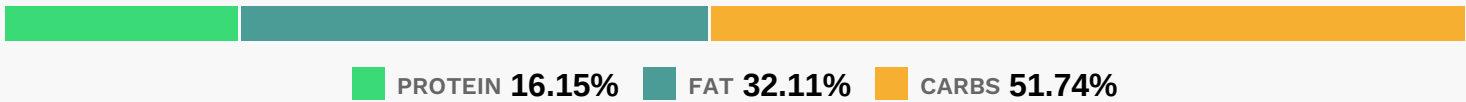
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Saut first 3 ingredients in hot oil in a large nonstick skillet over medium-high heat 6 to 8 minutes or until onion is golden. Stir in turkey and garlic; cook 2 to 3 minutes or until thoroughly heated. Season with salt to taste.
- ☐ Bake tostada shells on a baking sheet at 400 for 3 minutes.
- ☐ Spread shells with refried beans; top with turkey mixture.
- ☐ Drizzle with a small amount of Spicy Cranberry-Chipotle Sauce.
- ☐ Sprinkle with queso fresco.
- ☐ Bake at 400 for 10 to 12 minutes or until thoroughly heated.
- ☐ Serve with fresh cilantro, lime wedges, and remaining sauce.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:2.17, Inflammation Score:-7, Nutrition Score:14.135217438573%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 374.06kcal (18.7%), Fat: 13.82g (21.26%), Saturated Fat: 4.63g (28.95%), Carbohydrates: 50.11g (16.7%), Net Carbohydrates: 44.96g (16.35%), Sugar: 24.79g (27.54%), Cholesterol: 40.14mg (13.38%), Sodium: 435.67mg (18.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.28%), Vitamin C: 46.03mg (55.79%), Vitamin B6: 0.45mg (22.52%), Phosphorus: 214.54mg (21.45%), Fiber: 5.15g (20.59%), Vitamin A: 917.64IU (18.35%), Vitamin B3: 3.64mg (18.21%), Selenium: 11.24µg (16.06%), Manganese: 0.29mg (14.45%), Folate: 53.73µg (13.43%), Calcium: 132.16mg (13.22%), Magnesium: 49.16mg (12.29%), Vitamin B1: 0.18mg (11.87%), Zinc: 1.69mg (11.24%), Vitamin E: 1.67mg (11.14%), Vitamin B2: 0.19mg (11.12%), Vitamin B12: 0.63µg (10.45%), Potassium: 353.74mg (10.11%), Iron: 1.73mg (9.62%), Vitamin K: 8.84µg (8.42%), Copper: 0.16mg (7.84%), Vitamin B5: 0.57mg (5.73%), Vitamin D: 0.18µg (1.21%)