

Braised Adobo Chicken Stacked Tostada



A deep fried corn tortilla serves as the foundation for a combination of any number of delicious toppings including braised proteins, grilled vegetables, next-level guacamoles and signature salsas.

Yield 6-1/2 oz

Serves

Preparation time 1 minute

Cooking time 3 minute

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1/2	oz			Corn Tortilla	grilled until crispy
1.5	oz		3 tbsp	Adobo Black Beans - prepared	(see recipe)
1.5	oz			Adobo Braised Chicken - prepared	(see recipe)
1/2	oz		1/4 cup	Lettuce, iceberg	shredded
1	oz		2 tbsp	Jalapeno Pico De Gallo - prepared	(see recipe)
1	oz		1 tbsp	Jalapeno Guacamole - prepared	(see recipe)
1/2	oz		1 tbsp	Green Chile Crema - prepared	(see recipe)

Preparation Steps

- 1. Top tortilla with prepared Adobo Black Beans.
- 2. Add chosen adobo braised chicken.
- 3. Top with chosen condiments, toppings, salsas, and sauces.

Chef's tip

Be sure to griddle enough tortillas for tostadas prior to, and during service, to ensure efficient operation of station.

Nutrition

Nutritional analysis per serving				
Energy (Kcal)	184.4			
Energy (Kj)	773.7			
Protein (g)	9.4			
Carbohydrate, total (g)	21.6			
Fats, total (g)	7.3			
Sugars, total (g)	2.3			
Fats, saturated (g)	1.6			
Fiber, total dietary (g)	6.2			
Sodium (mg)	146.8			
Calcium (mg)	37			
Cholesterol (mg)	20.8			
Iron (mg)	1.6			
Vitamin A (µg_RAE)	77.7			
Vitamin C (mg)	11.5			

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

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