

Baja Chicken Tostadas

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/refried-black-beans-indian-recipe>

Ingredients:

- 8 tostada shells crispy
- 2 limes
- 1 teaspoon agave syrup
- 1 teaspoon olive oil
- 1 cup green cabbage shredded
- 1/2 cup red cabbage shredded
- 1 large carrot coarsely grated
- 1 can refried black beans
- 2 cups roast chicken shredded
- 1/2 cup cilantro leaves stems removed
- lime wedges

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 165 milligrams
4. Fat: 10 grams
5. Fiber: 10 grams
6. Protein: 21 grams
7. SaturatedFat: 3 grams
8. Sodium: 700 milligrams
9. Sugar: 3 grams

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