

# Easy Shredded Chicken Tostadas (Tostadas de Pollo)

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-tostadas-de-pollo-recipe>

## Ingredients:

- 3 tablespoons chipotles in adobo diced
- 3 tablespoons honey
- 2 1/2 cups chicken shredded, or Sadler's smoked shredded chicken
- 6 tostada shells
- 2 large avocados mashed
- 1 lime juiced
- 1/2 cup corn leftover roasted
- 6 tablespoons pickled red onions pink
- 3 tablespoons pickled jalapeños
- 1/2 cup queso fresco
- 3 tablespoons cilantro roughly chopped
- kosher salt
- hot sauce for serving

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 105 milligrams
4. Fat: 30 grams
5. Fiber: 9 grams
6. Protein: 33 grams
7. SaturatedFat: 7 grams
8. Sodium: 2950 milligrams
9. Sugar: 16 grams

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