



Awesome Chicken Nachos

READY IN



120 min.

SERVINGS



6

CALORIES



1473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon ground pepper
- 2 cups chicken stock see
- 4 teaspoons chili powder
- 4 ounce to 2 chilies slit green drained
- 8 cups corn tortillas
- 4 tablespoons flour all-purpose
- 2 tablespoons cilantro leaves fresh chopped for garnishing
- 1 tablespoon garlic minced
- 0.3 cup spring onion finely sliced

- 0.5 cup jalapeno sliced for garnishing
- 4 teaspoons juice of lime fresh
- 2 cups milk
- 2 cups monterrey jack cheese shredded
- 3 tablespoons olive oil
- 2 cups onion thinly sliced
- 0.5 teaspoon salt
- 1 teaspoon salt
- 2 cups sharp cheddar cheese grated
- 2 lbs chicken breast diced boneless skinless
- 0.8 cup cream sour for garnishing
- 4 tablespoons butter unsalted

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- whisk

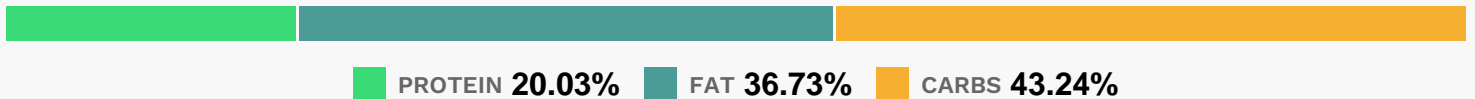
Directions

- For Chicken: Set a wide-mouthed 3-quart saucepan with lid over medium-high heat and add the oil to the pan. Season the chicken pieces with the chili powder and salt and toss the evenly coat.
- Add the chicken to the pan and sear for 3 minutes per side.
- Add the onions to the pan and saute for another 3 minutes.
- Add the garlic to the pan and saute for 1 minute.
- Pour the chicken stock over the chicken and bring to a boil. Reduce to a low heat and cover. Continue to cook the chicken until very tender, about 1 hour, stir the chicken to shred it and continue to cook, covered, for another 30 minutes. Once the chicken is cooked, stir and mash

to shred the chicken meat and add the lime juice to the chicken. Set aside as you prepare the nachos. For Nachos: In a medium saucepan, melt the butter over medium-high heat and whisk in the flour. Cook, stirring constantly, for 2 to 3 minutes. Do not allow the flour to color. While whisking constantly, add the milk in a steady stream.

- Add the green chiles and bring the sauce to a boil. Cook, stirring frequently, for about 5 minutes, or until the sauce is thickened and bubbly.
- Add the Cheddar, salt, and cayenne pepper and stir until the cheese is melted and the sauce is smooth. Cover and remove from the heat. Preheat the oven to 400 degrees F. In a large, ovenproof shallow casserole or on a large baking sheet, spread half of the tortilla chips in an even layer. Top with half of the chicken, and half of the Monterey Jack cheese. Top with the remaining tortilla chips and chicken.
- Pour the hot cheese sauce over the chicken, then evenly spread the remaining grated Monterey Jack over the top.
- Bake until the cheese is melted and bubbly and the nachos are heated through, 8 to 10 minutes.
- Garnish with the sliced green onions, sour cream, pickled jalapenos and cilantro.
- Serve with some pico de gallo or your favorite fresh salsa.

Nutrition Facts



Properties

Glycemic Index: 67.08, Glycemic Load: 66.92, Inflammation Score: -10, Nutrition Score: 51.191303999528%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg

Nutrients (% of daily need)

Calories: 1472.57kcal (73.63%), Fat: 61.19g (94.14%), Saturated Fat: 27.22g (170.14%), Carbohydrates: 162.11g (54.04%), Net Carbohydrates: 139.72g (50.81%), Sugar: 12.74g (14.15%), Cholesterol: 217.15mg (72.38%), Sodium:

1614.74mg (70.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.09g (150.18%), Phosphorus: 1806.79mg (180.68%), Selenium: 90.7µg (129.57%), Vitamin B3: 22.59mg (112.94%), Vitamin B6: 2.14mg (106.88%), Calcium: 968.93mg (96.89%), Fiber: 22.39g (89.56%), Magnesium: 313.95mg (78.49%), Manganese: 1.23mg (61.59%), Vitamin B2: 0.96mg (56.71%), Zinc: 8.3mg (55.35%), Potassium: 1600.99mg (45.74%), Vitamin B1: 0.57mg (37.73%), Vitamin A: 1829.51IU (36.59%), Vitamin B5: 3.28mg (32.82%), Copper: 0.66mg (32.8%), Iron: 5.69mg (31.64%), Vitamin B12: 1.53µg (25.5%), Vitamin E: 3.8mg (25.33%), Vitamin C: 19.65mg (23.82%), Vitamin K: 20.02µg (19.07%), Folate: 67.41µg (16.85%), Vitamin D: 1.64µg (10.92%)