



Barbecue Chicken Nachos

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bull's-eye original barbecue sauce
- 2 Tbsp milk
- 1 jalapeño pepper sliced
- 1 cup rotisserie chicken cut shredded
- 0.5 cup tomatoes chopped
- 6 oz tortilla chips
- 6 oz velveeta cut into 1/2-inch cubes
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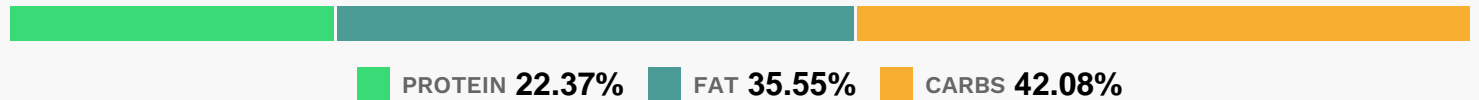
Equipment

- bowl
- microwave

Directions

- Spread chips onto platter.
- Combine chicken and barbecue sauce in small microwaveable bowl. Microwave on HIGH 45 sec. to 1 min. or until heated through; stir.
- Microwave VELVEETA and milk in separate small microwaveable bowl 1-1/2 min. or until VELVEETA is completely melted and sauce is well blended, stirring every 45 sec.
- Spoon chicken mixture over chips; top with VELVEETA sauce, tomatoes and peppers.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:3.4465217564417%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 232.51kcal (11.63%), Fat: 9.36g (14.39%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 23.08g (8.39%), Sugar: 4.75g (5.28%), Cholesterol: 38.45mg (12.82%), Sodium: 355.11mg (15.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.24g (26.49%), Vitamin E: 1.17mg (7.78%), Phosphorus: 74.46mg (7.45%), Fiber: 1.83g (7.32%), Vitamin K: 7.41µg (7.06%), Magnesium: 27.61mg (6.9%), Calcium: 42.11mg (4.21%), Vitamin B5: 0.39mg (3.88%), Vitamin B6: 0.07mg (3.66%), Potassium: 118.39mg (3.38%), Vitamin B1: 0.05mg (3.33%), Iron: 0.56mg (3.09%), Zinc: 0.46mg (3.03%), Vitamin A: 139.99IU (2.8%), Manganese: 0.05mg (2.53%), Copper: 0.05mg (2.28%), Vitamin C: 1.77mg (2.15%), Selenium: 1.51µg (2.15%), Vitamin B2: 0.04mg (2.12%), Vitamin B3: 0.39mg (1.95%), Folate: 5.53µg (1.38%)