



Barbecued Chicken Nachos

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



1700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups barbecue sauce
- 3 cups roasted chicken cooked
- 30 ounces chili sauce undrained canned
- 24 ounces monterrey jack cheese shredded
- 16 cups tortilla chips
- 4.5 ounces olives ripe drained sliced canned
- 2 cups tomatoes chopped

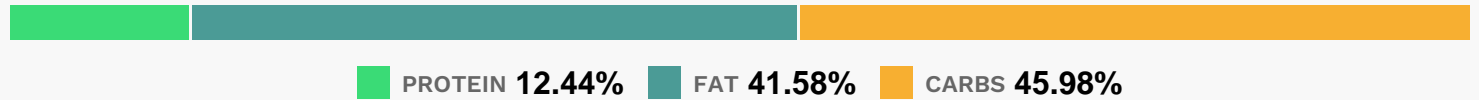
Equipment

- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat. Spray two 30x18-inch pieces of heavy-duty aluminum foil with cooking spray.
- Spread tortilla chips on centers of foil pieces.
- Mix chicken and barbecue sauce. Spoon chili beans, chicken mixture, olives, tomatoes and cheese on chips.
- Wrap foil securely around tortilla chips. Cover and grill foil packets, seam sides up, 4 to 6 inches from medium heat 8 to 10 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.54, Inflammation Score:-9, Nutrition Score:41.240435040515%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 1700.13kcal (85.01%), Fat: 79.99g (123.07%), Saturated Fat: 24.06g (150.38%), Carbohydrates: 199.08g (66.36%), Net Carbohydrates: 182.7g (66.44%), Sugar: 33.25g (36.94%), Cholesterol: 115.07mg (38.36%), Sodium: 3470.23mg (150.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.84g (107.68%), Phosphorus: 1070.31mg (107.03%), Calcium: 933.57mg (93.36%), Vitamin E: 11.57mg (77.14%), Fiber: 16.37g (65.49%), Magnesium: 251.99mg (63%), Vitamin K: 59.75µg (56.9%), Selenium: 37.3µg (53.29%), Vitamin B6: 0.93mg (46.74%), Zinc: 6.84mg (45.63%), Vitamin B3: 8.39mg (41.94%), Vitamin B2: 0.68mg (39.95%), Vitamin A: 1885.1IU (37.7%), Vitamin B5: 3.53mg (35.29%), Potassium: 1206.63mg (34.48%), Iron: 6.08mg (33.77%), Vitamin B1: 0.49mg (32.74%), Vitamin C: 22.4mg (27.15%), Copper: 0.49mg (24.69%), Folate: 62.12µg (15.53%), Vitamin B12: 0.86µg (14.3%), Manganese: 0.12mg (6.04%), Vitamin D: 0.51µg (3.4%)