



Barbecued Chicken Nachos

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



1705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

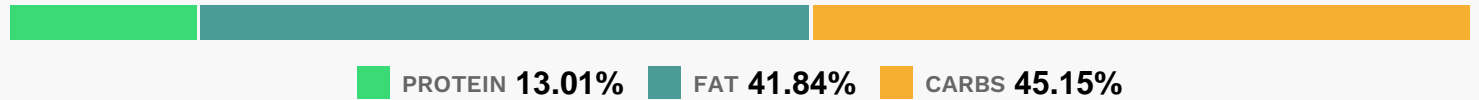
Equipment

- 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:41.323912765669%

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: 1705.44kcal (85.27%), Fat: 80.74g (124.21%), Saturated Fat: 24.17g (151.05%), Carbohydrates: 195.99g (65.33%), Net Carbohydrates: 177.71g (64.62%), Sugar: 24.69g (27.44%), Cholesterol: 115.07mg (38.36%), Sodium: 2816.42mg (122.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.5g (112.99%), Phosphorus: 1178.75mg (117.87%), Calcium: 945.27mg (94.53%), Fiber: 18.29g (73.15%), Magnesium: 287.08mg (71.77%), Vitamin E: 9.75mg (65.02%), Zinc: 8.8mg (58.67%), Selenium: 37.51µg (53.59%), Vitamin B6: 1.05mg (52.58%), Vitamin K: 54.65µg (52.04%), Vitamin B2: 0.76mg (44.95%), Iron: 7.2mg (40.03%), Potassium: 1291.68mg (36.91%), Vitamin B3: 7.07mg (35.35%), Vitamin B5: 3.53mg (35.29%), Copper: 0.62mg (31.18%), Vitamin B1: 0.44mg (29.2%), Vitamin A: 1174.94IU (23.5%), Folate: 80.19µg (20.05%), Vitamin B12: 0.87µg (14.48%), Vitamin C: 7.2mg (8.72%), Manganese: 0.12mg (6.04%), Vitamin D: 0.51µg (3.4%)