



Cheesy Chicken Nachos

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 tortilla chips blue
- 1 tablespoon vegetable oil
- 1 and orange peppers cut into thin strips
- 1 tablespoon butter
- 2 cloves garlic finely chopped
- 1.5 cups rotisserie chicken cut shredded (from 2-lb chicken)
- 1 cup black beans rinsed drained (from 15-oz can)
- 8 oz sharp cheddar cheese shredded

- 1 leaves spring onion fresh chopped
- 1 serving salsa

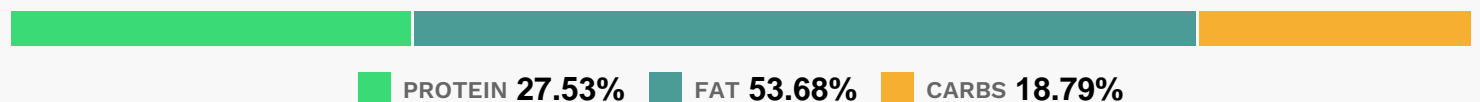
Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400°F. Line cookie sheet with foil. Arrange tortilla chips on cookie sheet, overlapping slightly.
- In 10-inch skillet, heat oil over medium heat. Cook bell pepper in oil 3 to 4 minutes or until tender.
- Add butter and garlic, stirring until butter is melted.
- Add chicken. Cook 2 minutes or until thoroughly heated.
- Remove from heat; stir in beans. If desired, season to taste with salt and pepper.
- Spoon chicken mixture over chips.
- Sprinkle with cheese.
- Bake about 4 minutes or until cheese is melted.
- Sprinkle with cilantro and onions.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:1.88, Inflammation Score:-7, Nutrition Score:11.738260891127%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 416.75kcal (20.84%), Fat: 25.16g (38.71%), Saturated Fat: 9.75g (60.95%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 15.98g (5.81%), Sugar: 1.3g (1.45%), Cholesterol: 94.58mg (31.53%), Sodium: 559.91mg (24.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.04g (58.08%), Vitamin C: 25.84mg (31.32%), Calcium: 296.39mg (29.64%), Phosphorus: 256mg (25.6%), Vitamin A: 1112.72IU (22.25%), Selenium: 11.91µg (17.02%), Folate: 61.95µg (15.49%), Fiber: 3.84g (15.37%), Zinc: 1.99mg (13.25%), Vitamin B2: 0.21mg (12.63%), Magnesium: 46.41mg (11.6%), Vitamin E: 1.45mg (9.67%), Vitamin K: 9.77µg (9.3%), Manganese: 0.18mg (8.81%), Vitamin B1: 0.12mg (7.79%), Vitamin B6: 0.15mg (7.63%), Vitamin B12: 0.4µg (6.72%), Potassium: 219.23mg (6.26%), Iron: 1.02mg (5.66%), Vitamin B5: 0.48mg (4.85%), Copper: 0.1mg (4.85%), Vitamin B3: 0.55mg (2.76%), Vitamin D: 0.23µg (1.51%)