



Cheesy Chicken Nachos

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup black beans rinsed drained (from 15-oz can)
- 1 tablespoon butter
- 30 tortilla chips blue
- 2 cloves garlic finely chopped
- 1 leaves spring onion fresh chopped
- 1 and orange peppers cut into thin strips
- 1.5 cups rotisserie chicken cut shredded (from 2-lb chicken)
- 6 servings salsa

- 8 oz sharp cheddar cheese shredded
- 1 tablespoon vegetable oil

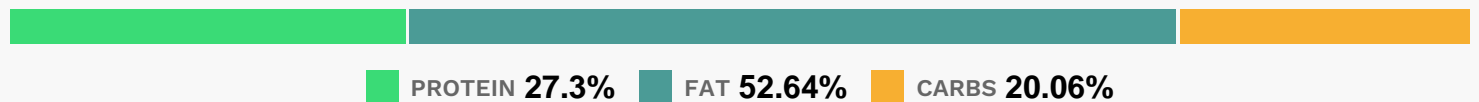
Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400F. 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:-8, Nutrition Score:12.710434841073%

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: 424.49kcal (21.22%), Fat: 25.21g (38.79%), Saturated Fat: 9.76g (60.98%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 17.29g (6.29%), Sugar: 2.32g (2.58%), Cholesterol: 94.58mg (31.53%), Sodium: 734.85mg (31.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.42g (58.84%), Vitamin C: 26.34mg (31.93%), Calcium: 303.86mg (30.39%), Phosphorus: 264.53mg (26.45%), Vitamin A: 1240.72IU (24.81%), Selenium: 12.15µg (17.36%), Fiber: 4.32g (17.29%), Folate: 63.01µg (15.75%), Zinc: 2.04mg (13.61%), Vitamin B2: 0.22mg (13.14%), Magnesium: 50.41mg (12.6%), Vitamin E: 1.78mg (11.84%), Vitamin K: 10.89µg (10.37%), Manganese: 0.21mg (10.32%), Vitamin B6: 0.2mg (9.97%), Vitamin B1: 0.13mg (8.41%), Potassium: 288.03mg (8.23%), Vitamin B12: 0.4µg (6.72%), Iron: 1.13mg (6.28%), Copper: 0.11mg (5.71%), Vitamin B5: 0.54mg (5.39%), Vitamin B3: 0.85mg (4.26%), Vitamin D: 0.23µg (1.51%)