



WHATSheATE



Chicken Enchilada Nacho Bowls



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings chicken and sauce
- ☐ 15 oz black beans drained and rinsed reduced-sodium canned
- ☐ 1 chipotle chile canned minced
- ☐ 1 cup tomatoes canned crushed
- ☐ 0.5 cup cilantro sprigs
- ☐ 10 oz enchilada sauce canned
- ☐ 4 servings lime wedges and hot sauce
- ☐ 2 cups lettuce shredded

- ☐ 1 tablespoon brown sugar light packed
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion cut into half-moons
- ☐ 1 teaspoon mexican oregano dried
- ☐ 2 cups rotisserie chicken cut shredded
- ☐ 1.3 cups cheddar cheese shredded
- ☐ 8 ounces tortilla chips crushed
- ☐ 4 servings nachos
- ☐ 4 servings nachos

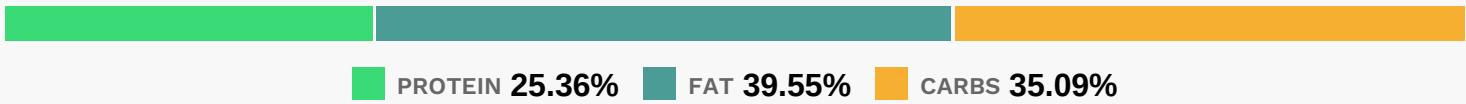
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Make sauce: Saut onion in oil in a large frying pan over medium-high heat until softened, about 7 minutes.
- ☐ Add enchilada sauce, tomatoes, beans, oregano, chile, and sugar and cook, stirring occasionally, until hot and slightly reduced, 4 minutes. Stir in chicken and cook until it's hot, about 4 minutes.
- ☐ Assemble nachos: Divide chips among bowls, top with chicken mixture, cheese, lettuce, and cilantro.
- ☐ Serve with lime wedges and hot sauce.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:22.563913018807%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 836.48kcal (41.82%), Fat: 37.5g (57.69%), Saturated Fat: 11.55g (72.21%), Carbohydrates: 74.87g (24.96%), Net Carbohydrates: 60.57g (22.03%), Sugar: 13.04g (14.49%), Cholesterol: 148.87mg (49.62%), Sodium: 1969.96mg (85.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.09g (108.18%), Fiber: 14.29g (57.18%), Phosphorus: 440.49mg (44.05%), Calcium: 392.2mg (39.22%), Vitamin K: 36.11µg (34.39%), Magnesium: 113.89mg (28.47%), Folate: 105.06µg (26.27%), Iron: 4.71mg (26.15%), Vitamin A: 1287.67IU (25.75%), Vitamin E: 3.74mg (24.92%), Manganese: 0.48mg (23.89%), Vitamin B2: 0.38mg (22.17%), Potassium: 746.88mg (21.34%), Vitamin B1: 0.31mg (20.9%), Selenium: 14.48µg (20.69%), Copper: 0.41mg (20.52%), Zinc: 2.94mg (19.61%), Vitamin B6: 0.33mg (16.64%), Vitamin C: 13.52mg (16.39%), Vitamin B5: 1.27mg (12.68%), Vitamin B3: 2.02mg (10.09%), Vitamin B12: 0.37µg (6.24%), Vitamin D: 0.21µg (1.41%)