



Chicken Nacho Bake

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup four cheese shredded mexican style kraft finely
- 0.3 cup knudsen cream sour
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless
- 0.5 cup tortilla chips crushed

Equipment

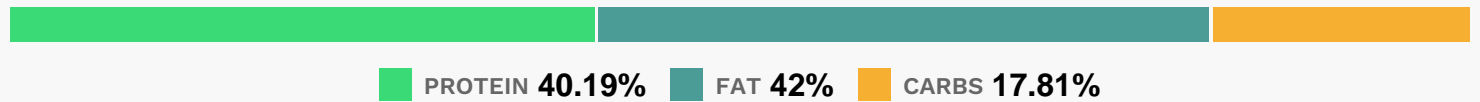
- baking sheet
- oven

- knife
- aluminum foil

Directions

- Heat oven to 400F.
- Place chicken on foil-covered baking sheet.
- Cut 3 small slits in top of each breast with sharp knife.
- Top with salsa, sour cream and crushed chips.
- Bake 30 min. or until chicken is done (165F), topping with cheese after 20 min.

Nutrition Facts



Properties

Glycemic Index:0.68, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.5178260829138%

Nutrients (% of daily need)

Calories: 29.26kcal (1.46%), Fat: 1.36g (2.09%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.19g (0.21%), Cholesterol: 9.52mg (3.17%), Sodium: 48.87mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin B3: 1.23mg (6.17%), Selenium: 4.17µg (5.96%), Vitamin B6: 0.09mg (4.74%), Phosphorus: 35.65mg (3.56%), Vitamin B5: 0.2mg (1.96%), Potassium: 55.84mg (1.6%), Calcium: 14.44mg (1.44%), Vitamin B2: 0.02mg (1.3%), Magnesium: 5.17mg (1.29%)