



Chicken Nacho Bake Made Over

 **Gluten Free**

READY IN



30 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices oscar mayer bacon chopped
- 0.5 cup baked tortilla chips crushed
- 2 cups brown rice long-grain cooked
- 0.3 cup knudsen cream light sour
- 2 cups grape tomatoes
- 1 small onion chopped
- 0.5 cup taco bellâ® & chunky salsa thick
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft

1 lb chicken breasts boneless skinless

Equipment

frying pan

baking sheet

paper towels

oven

aluminum foil

Directions

Heat oven to 400F.

Place chicken on foil-covered baking sheet; top with salsa.

Bake 20 min. or until chicken is done (165F), topping with crushed chips and cheese for the last 5 min.

Meanwhile, cook bacon in large skillet until crisp.

Remove bacon from skillet; drain on paper towels. Discard drippings from skillet.

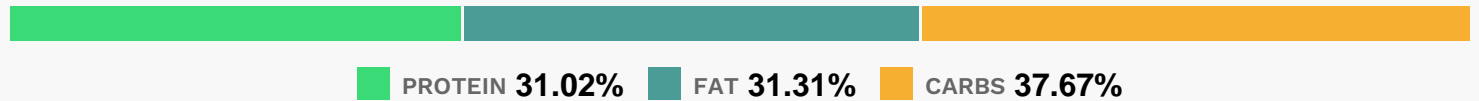
Add onions to skillet; cook and stir 5 min. Stir in tomatoes; cook 4 to 5 min. or until tomatoes begin to pop, stirring occasionally.

Add rice; cook 2 to 3 min. or until heated through, stirring occasionally. Stir in bacon.

Top chicken with sour cream.

Serve with rice mixture.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:24.554348074872%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg
Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 450.04kcal (22.5%), Fat: 15.55g (23.93%), Saturated Fat: 6.1g (38.12%), Carbohydrates: 42.12g (14.04%),
Net Carbohydrates: 37.82g (13.75%), Sugar: 4.46g (4.95%), Cholesterol: 98.99mg (33%), Sodium: 591.4mg (25.71%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.67g (69.34%), Selenium: 55.13µg (78.76%), Vitamin B3:
14.66mg (73.32%), Vitamin B6: 1.2mg (59.81%), Manganese: 1.05mg (52.31%), Phosphorus: 488.87mg (48.89%),
Magnesium: 106.74mg (26.69%), Potassium: 849.69mg (24.28%), Vitamin B5: 2.17mg (21.67%), Vitamin A: 1018.66IU
(20.37%), Vitamin B1: 0.28mg (19%), Calcium: 179.53mg (17.95%), Vitamin B2: 0.3mg (17.4%), Fiber: 4.29g (17.17%),
Vitamin C: 13.64mg (16.53%), Zinc: 2.38mg (15.86%), Copper: 0.23mg (11.37%), Vitamin E: 1.35mg (9.03%), Iron:
1.51mg (8.4%), Vitamin B12: 0.49µg (8.2%), Vitamin K: 8.57µg (8.16%), Folate: 31.08µg (7.77%), Vitamin D: 0.27µg
(1.81%)