



Chicken Nacho Dip

READY IN



45 min.

SERVINGS



30

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 4 ounce chiles green undrained chopped canned
- ☐ 2.5 cups chicken breast shredded cooked (skinned before cooking and without salt)
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 1 tablespoon garlic crushed
- ☐ 0.5 cup green onions minced
- ☐ 0.5 cup beer light
- ☐ 0.5 cup commercial no-salt-added salsa
- ☐ 16 ounce carton nonfat cream alternative sour

- ☐ 0.3 cup olives ripe sliced
- ☐ 6 ounces cheddar cheese fat-free shredded
- ☐ 1.3 ounce taco seasoning
- ☐ 1.5 cups tomatoes diced seeded

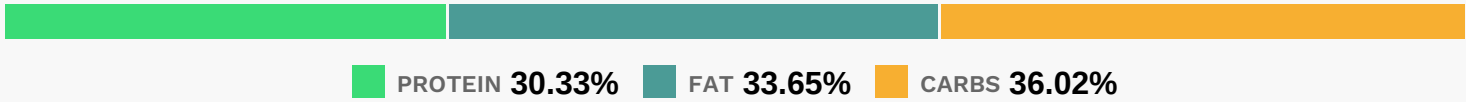
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Reserve 1 teaspoon taco seasoning mix; set aside.
- ☐ Combine remaining taco seasoning mix, chicken, beer, and chiles in a large skillet; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until mixture is thickened.
- ☐ Remove from heat; stir in salsa.
- ☐ Mash beans and garlic until smooth; stir in cilantro.
- ☐ Spread bean mixture in a 10-inch quiche dish. Spoon chicken mixture evenly over bean mixture; top with cheese.
- ☐ Bake, uncovered, at 375 for 15 minutes or until cheese melts and mixture is thoroughly heated.
- ☐ Combine sour cream and reserved 1 teaspoon taco seasoning mix; spread over melted cheese. Top with tomato, green onions, and olives.
- ☐ Serve with no-oil baked tortilla chips.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:4.8678260989811%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg,

Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 85.8kcal (4.29%), Fat: 3.27g (5.04%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 6.22g (2.26%), Sugar: 1.55g (1.72%), Cholesterol: 10.73mg (3.58%), Sodium: 300.69mg (13.07%), Alcohol: 0.12g (100%), Alcohol %: 0.22% (100%), Protein: 6.64g (13.28%), Phosphorus: 123.42mg (12.34%), Vitamin B3: 1.69mg (8.46%), Selenium: 5.29µg (7.55%), Calcium: 71.14mg (7.11%), Vitamin A: 343.77IU (6.88%), Fiber: 1.66g (6.65%), Manganese: 0.12mg (5.75%), Vitamin B2: 0.1mg (5.74%), Folate: 20.83µg (5.21%), Magnesium: 19.95mg (4.99%), Vitamin B6: 0.1mg (4.98%), Vitamin K: 5.05µg (4.81%), Potassium: 160.49mg (4.59%), Vitamin C: 3.7mg (4.48%), Zinc: 0.66mg (4.39%), Iron: 0.69mg (3.84%), Vitamin E: 0.51mg (3.37%), Vitamin B1: 0.05mg (3.21%), Copper: 0.06mg (3.21%), Vitamin B12: 0.14µg (2.39%), Vitamin B5: 0.2mg (2.01%)