



Chicken Nacho Wedges

READY IN



45 min.

SERVINGS



24

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 ounce canned tomatoes mexican-style undrained chopped canned
- ☐ 1.5 cups chicken breast cooked chopped
- ☐ 4 8-inch flour tortillas fat-free ()
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 1 cup bell pepper green finely chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 4 ounces monterrey jack cheese shredded reduced-fat
- ☐ 0.8 cup onion red finely chopped

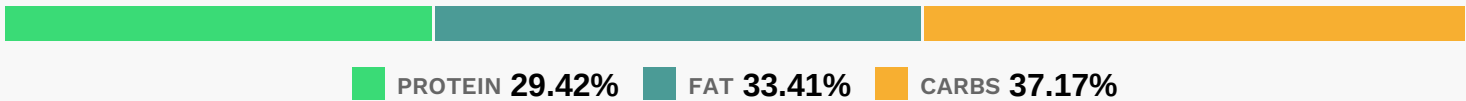
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Arrange tortillas on a large baking sheet coated with cooking spray; set aside.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add bell pepper and onion, and cook 5 minutes or until tender, stirring often.
- ☐ Add cumin, and cook 1 minute.
- ☐ Add tomato; cook 3 minutes, stirring occasionally.
- ☐ Spoon tomato mixture evenly over tortillas; top with chicken and cilantro.
- ☐ Sprinkle cheese evenly over chicken.
- ☐ Bake at 375 for 8 minutes or until tortillas are crisp.
- ☐ Cut each tortilla into 6 wedges.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.21, Glycemic Load:1.81, Inflammation Score:-2, Nutrition Score:3.7991304293923%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 67.3kcal (3.37%), Fat: 2.52g (3.87%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 5.47g (1.99%), Sugar: 1.46g (1.62%), Cholesterol: 11.64mg (3.88%), Sodium: 120.67mg (5.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.97%), Vitamin B3: 1.83mg (9.16%), Vitamin C: 6.99mg (8.48%), Selenium: 5.13µg (7.33%), Phosphorus: 67.32mg (6.73%), Calcium: 57.84mg (5.78%), Vitamin B6: 0.11mg (5.38%), Manganese: 0.09mg (4.71%), Vitamin B1: 0.07mg (4.61%), Iron: 0.77mg (4.3%), Vitamin B2: 0.06mg (3.83%), Fiber: 0.83g (3.33%), Folate: 13.1µg (3.28%), Potassium: 108.3mg (3.09%), Magnesium: 10.73mg (2.68%), Copper: 0.05mg (2.67%), Vitamin K: 2.67µg (2.54%), Zinc: 0.34mg (2.29%), Vitamin A: 110.9IU (2.22%), Vitamin E: 0.28mg (1.88%), Vitamin B5: 0.17mg (1.69%), Vitamin B12: 0.07µg (1.15%)