

Chicken Nachos

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cayenne pepper to taste
- 7 ounce chilies diced green drained canned
- 8 ounce cheese blend shredded mexican-style
- 2 chicken breast halves boneless skinless chopped
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan

- oven
- baking pan

Directions

- In a medium bowl, stir together the chicken, vegetable oil, and cayenne pepper.
- Let stand for 15 minutes, or longer if desired.
- Heat a skillet over medium-high heat.
- Add the chicken mixture, and fry until chicken is no longer pink.
- Remove from heat, and set aside.
- Preheat the oven to 325 degrees F (165 degrees C).
- Spread a thin layer of tortilla chips in a 9x13 inch baking dish.
- Sprinkle 1/4 of the chicken, 1/4 of the chilies, and 1/4 of the cheese over the chips. Repeat layers ending with cheese on the top.
- Bake for 15 to 20 minutes in the preheated oven, until the cheese is melted and everything is heated through.
- Serve with your favorite nacho toppings.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:12.386087044426%

Nutrients (% of daily need)

Calories: 210.7kcal (10.54%), Fat: 14.16g (21.78%), Saturated Fat: 5.9g (36.88%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.34g (1.22%), Sugar: 2.18g (2.42%), Cholesterol: 53.97mg (17.99%), Sodium: 283.77mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.04g (34.07%), Vitamin C: 48.23mg (58.47%), Selenium: 18.67µg (26.68%), Vitamin B6: 0.47mg (23.58%), Phosphorus: 228.11mg (22.81%), Vitamin B3: 4.41mg (22.04%), Calcium: 197.89mg (19.79%), Vitamin B12: 0.94µg (15.62%), Vitamin A: 720.39IU (14.41%), Vitamin K: 14.18µg (13.5%), Vitamin B2: 0.18mg (10.36%), Zinc: 1.42mg (9.44%), Potassium: 281.31mg (8.04%), Vitamin B5: 0.66mg (6.57%), Magnesium: 25.47mg (6.37%), Vitamin E: 0.84mg (5.61%), Manganese: 0.09mg (4.28%), Vitamin B1: 0.06mg (4.02%), Iron: 0.67mg (3.74%), Folate: 12.11µg (3.03%), Copper: 0.06mg (2.91%), Fiber: 0.59g (2.35%), Vitamin D: 0.19µg (1.26%)