



Chicken Nachos from Campbell's Kitchen



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed cheddar cheese soup canned
- ☐ 12.5 ounce premium chicken breast in water white chunk drained swanson® canned
- ☐ 6 servings green onion sliced
- ☐ 6 servings olives pitted ripe sliced
- ☐ 0.5 cup chunky salsa pace®
- ☐ 6 servings tomatoes chopped
- ☐ 10 ounce tortilla chips

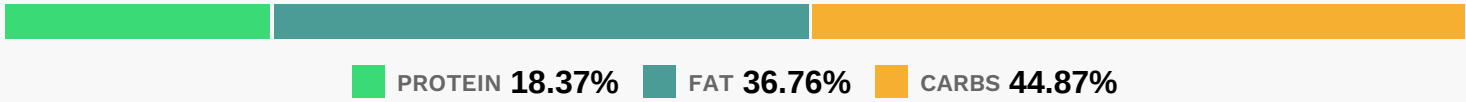
Equipment

☐ sauce pan

Directions

- ☐ Heat the salsa, soup and chicken in a 1-quart saucepan over medium heat until the mixture is hot and bubbling, stirring often.
- ☐ Spoon the chicken mixture over the chips. Top with the tomato, onion and olives.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:1.93, Inflammation Score:-9, Nutrition Score:19.345217430073%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 401.09kcal (20.05%), Fat: 16.83g (25.89%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 46.21g (15.4%), Net Carbohydrates: 39.89g (14.5%), Sugar: 6.99g (7.77%), Cholesterol: 39.83mg (13.28%), Sodium: 953.74mg (41.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.85%), Vitamin B3: 7.95mg (39.73%), Vitamin A: 1965.65IU (39.31%), Vitamin K: 37.82µg (36.02%), Vitamin B6: 0.72mg (35.95%), Vitamin C: 26.91mg (32.62%), Selenium: 21.39µg (30.56%), Potassium: 1041.57mg (29.76%), Phosphorus: 283.49mg (28.35%), Vitamin E: 3.81mg (25.41%), Fiber: 6.32g (25.3%), Magnesium: 81.5mg (20.37%), Vitamin B5: 1.61mg (16.15%), Manganese: 0.25mg (12.41%), Vitamin B1: 0.19mg (12.38%), Calcium: 108.08mg (10.81%), Copper: 0.21mg (10.55%), Folate: 40.34µg (10.08%), Iron: 1.7mg (9.45%), Zinc: 1.38mg (9.17%), Vitamin B2: 0.14mg (8.2%), Vitamin B12: 0.12µg (1.97%)