



Chicken Nachos with Avocado Cream

 Gluten Free

READY IN



23 min.

SERVINGS



3

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 36 baked tortilla chips
- 0.8 cup black beans canned rinsed drained
- 1 cup chicken breast shredded cooked
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons juice of lime divided
- 3 tablespoons cup heavy whipping cream sour reduced-fat
- 2 tablespoons onion red minced
- 0.1 teaspoon salt

3 ounces mexican blend cheese shredded reduced-fat

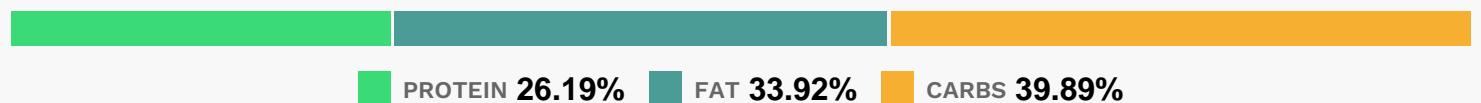
Equipment

- bowl
- baking sheet
- oven
- microwave

Directions

- Combine mashed avocado, 1 tablespoon lime juice, sour cream, and salt. Cover avocado mixture, and chill.
- Combine remaining 1 tablespoon lime juice, shredded chicken, and next 3 ingredients in a bowl, and toss gently.
- Preheat oven to 42
- Divide tortilla chips among 3 individual ovenproof plates on a large baking sheet. Top each plate with 2/3 cup chicken mixture and 1/4 cup shredded cheese.
- Bake nachos at 425 for 6 minutes or until cheese melts. Top each serving with 2 tablespoons avocado cream.
- Serve immediately.
- Note: If you prefer, microwave individual servings at HIGH 3 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:13.106956367907%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.55mg,

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Nutrients (% of daily need)

Calories: 389.5kcal (19.48%), Fat: 14.64g (22.52%), Saturated Fat: 6.8g (42.49%), Carbohydrates: 38.74g (12.91%), Net Carbohydrates: 33.71g (12.26%), Sugar: 1.07g (1.19%), Cholesterol: 66.13mg (22.04%), Sodium: 630.49mg (27.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.85%), Phosphorus: 386.67mg (38.67%), Selenium: 22.36µg (31.94%), Calcium: 284.81mg (28.48%), Vitamin B3: 4.16mg (20.81%), Fiber: 5.04g (20.14%), Vitamin B2: 0.33mg (19.37%), Magnesium: 69.6mg (17.4%), Vitamin B6: 0.31mg (15.58%), Zinc: 2.29mg (15.27%), Vitamin B1: 0.19mg (12.36%), Iron: 2.16mg (12.01%), Potassium: 409.61mg (11.7%), Folate: 41.76µg (10.44%), Vitamin B12: 0.53µg (8.91%), Copper: 0.16mg (8.19%), Manganese: 0.13mg (6.31%), Vitamin B5: 0.63mg (6.25%), Vitamin A: 307.6IU (6.15%), Vitamin C: 4.91mg (5.95%), Vitamin E: 0.41mg (2.76%), Vitamin K: 1.75µg (1.67%), Vitamin D: 0.17µg (1.1%)