



Chicken Pad Thai Nachos

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 3 tablespoons brown sugar
- ☐ 2 carrots shredded
- ☐ 1 tablespoon chili sauce or to taste
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 4 green onions sliced
- ☐ 1 cup monterey jack shredded
- ☐ 2 tablespoons peanut butter

- ☐ 0.3 cup roasted peanuts chopped
- ☐ 1 cup cheddar shredded
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon tamarind concentrate or
- ☐ 14 ounce tortilla chips

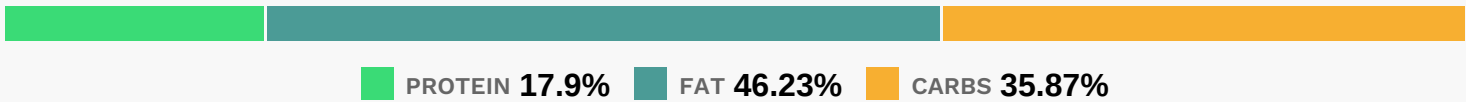
Equipment

- ☐ baking pan

Directions

- ☐ Simmer the tamarind, fish sauce, sugar, chili sauce and peanut butter over medium heat until the peanut butter melts into the sauce, about 2–3 minutes, before mixing in the chicken.
- ☐ Spread the nachos out on a baking dish, sprinkle on the chicken and sauce mixture, bean sprouts, carrots and green onions followed by the cheese and broil until the cheese has melted, about 2–4 minutes, before topping with peanuts and fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:30.48, Glycemic Load:1.54, Inflammation Score:–9, Nutrition Score:18.052608775056%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 495.29kcal (24.76%), Fat: 26.07g (40.11%), Saturated Fat: 8.21g (51.32%), Carbohydrates: 45.51g (15.17%), Net Carbohydrates: 41.02g (14.92%), Sugar: 8.5g (9.45%), Cholesterol: 52.95mg (17.65%), Sodium: 973.11mg (42.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.71g (45.42%), Vitamin A: 2926.84IU (58.54%), Phosphorus: 363.18mg (36.32%), Vitamin K: 35.79µg (34.09%), Calcium: 290.11mg (29.01%), Selenium: 18.27µg (26.1%), Vitamin B3: 5.02mg (25.1%), Magnesium: 93.98mg (23.49%), Vitamin B6: 0.36mg (18.19%), Fiber: 4.49g

(17.96%), Zinc: 2.54mg (16.94%), Vitamin E: 2.47mg (16.46%), Vitamin B2: 0.27mg (15.88%), Manganese: 0.28mg (13.8%), Vitamin B5: 1.29mg (12.87%), Folate: 49.24µg (12.31%), Potassium: 402.35mg (11.5%), Iron: 2.01mg (11.17%), Vitamin B1: 0.16mg (10.93%), Copper: 0.19mg (9.47%), Vitamin C: 6mg (7.27%), Vitamin B12: 0.4µg (6.68%), Vitamin D: 0.17µg (1.13%)