



WHATSheATE



Chipotle Bell Pepper Nachos



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups tortilla chips
- ☐ 8 ounces monterrey jack cheese shredded
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup bell pepper yellow chopped
- ☐ 1 cup chicken tenderloins frozen thawed cooked (from 9-ounce package)
- ☐ 0.3 cup spring onion sliced
- ☐ 0.5 cup salsa thick

☐ 2 chipotles in adobo canned chopped

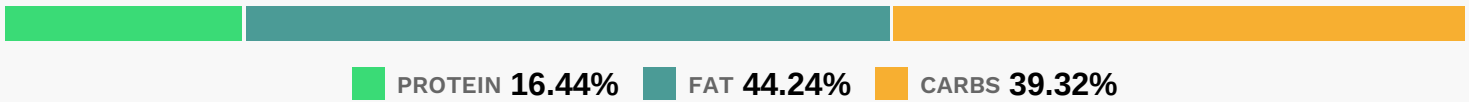
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425°. Lightly spray large piece of aluminum foil or ovenproof plate with cooking spray.
- ☐ Spread 2 cups of the tortilla chips on foil in 9-inch circle.
- ☐ Sprinkle with about 3/4 cup of the cheese. Top with remaining chips and the bell peppers.
- ☐ Cut chicken strips into smaller pieces if desired; sprinkle over bell peppers.
- ☐ Sprinkle with onions
- ☐ and remaining 1 1/4 cups cheese.
- ☐ Bake 6 to 8 minutes or until cheese is melted. Meanwhile, mix salsa and chipotle chilies. Spoon salsa mixture over hot nachos.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:0.33, Inflammation Score:-8, Nutrition Score:19.819999902145%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 567.82kcal (28.39%), Fat: 28.48g (43.81%), Saturated Fat: 9.62g (60.14%), Carbohydrates: 56.95g (18.98%), Net Carbohydrates: 51.22g (18.63%), Sugar: 2.86g (3.18%), Cholesterol: 58.88mg (19.63%), Sodium: 667.97mg (29.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.82g (47.64%), Vitamin C: 50.33mg

(61%), Phosphorus: 440.3mg (44.03%), Calcium: 377.76mg (37.78%), Selenium: 21.74µg (31.06%), Vitamin B6: 0.59mg (29.4%), Vitamin K: 28.11µg (26.77%), Vitamin B3: 5.35mg (26.73%), Magnesium: 93.16mg (23.29%), Fiber: 5.72g (22.89%), Vitamin E: 3.41mg (22.73%), Vitamin A: 910.14IU (18.2%), Zinc: 2.55mg (16.99%), Vitamin B5: 1.67mg (16.69%), Vitamin B2: 0.27mg (15.76%), Potassium: 457.7mg (13.08%), Iron: 2.01mg (11.16%), Vitamin B1: 0.17mg (11.02%), Folate: 31.3µg (7.82%), Copper: 0.14mg (6.91%), Vitamin B12: 0.39µg (6.54%), Manganese: 0.08mg (4.24%), Vitamin D: 0.27µg (1.77%)