



Daisy Brand Chicken Nachos

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



904 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado sliced
- ☐ 0.3 cup banana peppers sliced
- ☐ 0.8 cup black beans rinsed drained
- ☐ 0.5 cup olives green black sliced
- ☐ 6 cups corn chips blue
- ☐ 1 cup daisy brand cream sour
- ☐ 0.3 cup green onions chopped
- ☐ 1 tablespoon juice of lime freshly squeezed

- ☐ 0.8 cup salsa
- ☐ 3 cups meat from a rotisserie chicken shredded cooked
- ☐ 1 cup mexican cheese blend shredded
- ☐ 1 tablespoon fajita mix
- ☐ 1 tablespoon fajita mix

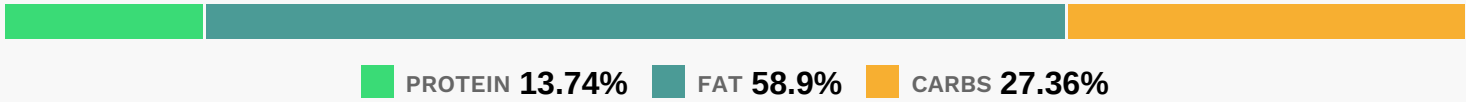
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 400 degrees. Arrange the corn chips on a large baking tray. In a large bowl stir together the shredded chicken, 3/4 cup sour cream, 1/2 cup salsa, green onions, fajita seasoning mix, and fresh lime juice.
- ☐ Mix well. Spoon the chicken mixture evenly on top of the corn chips.
- ☐ Sprinkle the chicken with the black beans, banana peppers, and olives. Top with shredded cheese.
- ☐ Bake the nachos for 3 to 5 minutes or until the cheese is melted.
- ☐ Garnish with avocado slices, the remaining salsa, and the remaining sour cream.
- ☐ Add jalapeno peppers for additional flavor, if desired.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:24.210434975831%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg,

Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 903.98kcal (45.2%), Fat: 60.53g (93.12%), Saturated Fat: 18.36g (114.73%), Carbohydrates: 63.25g (21.08%), Net Carbohydrates: 54.36g (19.77%), Sugar: 3.39g (3.76%), Cholesterol: 115.06mg (38.35%), Sodium: 1021.48mg (44.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.78g (63.56%), Vitamin E: 8.36mg (55.71%), Phosphorus: 471.8mg (47.18%), Selenium: 28.73µg (41.04%), Vitamin B3: 7.48mg (37.38%), Fiber: 8.89g (35.54%), Vitamin B6: 0.64mg (32.14%), Calcium: 307.88mg (30.79%), Magnesium: 118.29mg (29.57%), Manganese: 0.59mg (29.52%), Vitamin K: 24.97µg (23.78%), Zinc: 3.41mg (22.75%), Vitamin B2: 0.38mg (22.32%), Vitamin A: 1045.58IU (20.91%), Folate: 79.78µg (19.94%), Potassium: 695.6mg (19.87%), Vitamin B5: 1.93mg (19.3%), Iron: 2.97mg (16.49%), Copper: 0.29mg (14.5%), Vitamin B1: 0.19mg (12.85%), Vitamin C: 10.01mg (12.14%), Vitamin B12: 0.5µg (8.27%), Vitamin D: 0.73µg (4.85%)