



Irish Chicken Nachos

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bacon cooked
- 22 oz eggo homestyle waffles frozen
- 0.3 cup spring onion sliced (4 medium)
- 2 jalapeno sliced
- 4 servings salsa thick
- 8 oz cheddar cheese shredded
- 1 cup chicken shredded cooked
- 4 servings cream sour

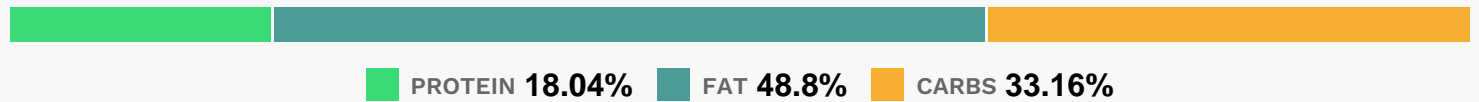
Equipment

- baking sheet
- oven

Directions

- Heat oven to 450F.
- Place waffle fries on ungreased cookie sheet.
- Bake 20 minutes.
- Remove from oven.
- Set oven control to broil. Top waffle fries with 1 cup cheese, the chicken, remaining cup of cheese, the bacon and chiles.
- Broil 2 minutes or until cheese is melted.
- Serve warm topped with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:35.564783065215%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 807.12kcal (40.36%), Fat: 43.98g (67.67%), Saturated Fat: 18g (112.51%), Carbohydrates: 67.24g (22.41%), Net Carbohydrates: 64.43g (23.43%), Sugar: 6.46g (7.18%), Cholesterol: 140.47mg (46.82%), Sodium: 1693.62mg (73.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.58g (73.15%), Phosphorus: 877.21mg (87.72%), Calcium: 794.32mg (79.43%), Vitamin B3: 13.84mg (69.21%), Vitamin B2: 1.18mg (69.16%), Vitamin A: 3323.89IU (66.48%), Vitamin B6: 1.28mg (64.08%), Iron: 11.15mg (61.96%), Vitamin B12: 3.64µg (60.72%), Vitamin B1: 0.82mg (54.9%), Selenium: 30.52µg (43.6%), Folate: 161.88µg (40.47%), Zinc: 3.84mg (25.57%), Vitamin K: 17.12µg (16.3%), Magnesium: 60.57mg (15.14%), Potassium: 439.97mg (12.57%), Vitamin C: 10.19mg (12.36%), Fiber: 2.81g (11.22%),

Vitamin B5: 0.82mg (8.18%), Vitamin E: 1.19mg (7.92%), Copper: 0.08mg (4.03%), Vitamin D: 0.54µg (3.57%),
Manganese: 0.07mg (3.4%)