



Irish Chicken Nachos

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

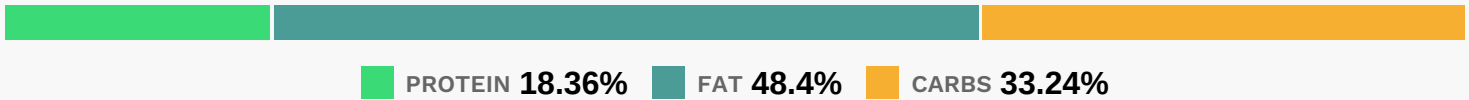
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 450°F.
- ☐ 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:34.406086662541%

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: 782.34kcal (39.12%), Fat: 42.19g (64.91%), Saturated Fat: 17.09g (106.79%), Carbohydrates: 65.2g (21.73%), Net Carbohydrates: 62.83g (22.85%), Sugar: 5.24g (5.82%), Cholesterol: 135.16mg (45.05%), Sodium: 1533.39mg (66.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.01g (72.02%), Phosphorus: 862.69mg (86.27%), Calcium: 778.51mg (77.85%), Vitamin B2: 1.15mg (67.82%), Vitamin B3: 13.56mg (67.82%), Vitamin A: 3152.62IU (63.05%), Vitamin B6: 1.24mg (61.79%), Iron: 11.05mg (61.37%), Vitamin B12: 3.62µg (60.41%), Vitamin B1: 0.81mg (54.22%), Selenium: 29.97µg (42.82%), Folate: 160.38µg (40.09%), Zinc: 3.76mg (25.06%), Vitamin K: 15.97µg (15.21%), Magnesium: 56.07mg (14.02%), Vitamin C: 9.66mg (11.7%), Potassium: 366.8mg (10.48%), Fiber: 2.37g

(9.49%), Vitamin B5: 0.74mg (7.39%), Vitamin E: 0.86mg (5.74%), Vitamin D: 0.54µg (3.57%), Copper: 0.06mg (3.17%), Manganese: 0.04mg (2%)