



Light Nachos

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup black beans low-fat
- 0.5 cup chicken breast shredded
- 1 ounce baked corn tortilla chips yellow
- 5 tablespoons mexican cheese mixture shredded reduced-fat
- 2 servings tomatoes and scallions chopped to taste

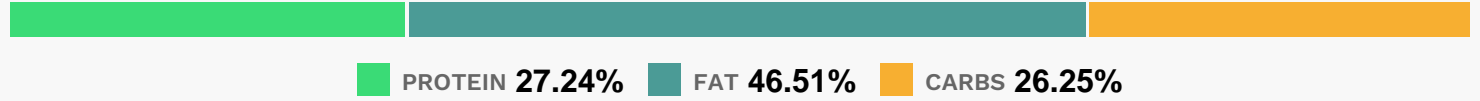
Equipment

- baking sheet
- oven

Directions

Place chips on a cookie sheet; top with ingredients, then bake for 5 minutes at 400.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.62, Inflammation Score:-8, Nutrition Score:14.972174084705%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 310.2kcal (15.51%), Fat: 16.15g (24.85%), Saturated Fat: 7.37g (46.04%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 16.32g (5.94%), Sugar: 6.05g (6.72%), Cholesterol: 61.37mg (20.46%), Sodium: 478.63mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.56%), Vitamin A: 1782.69IU (35.65%), Phosphorus: 304.21mg (30.42%), Vitamin C: 24.66mg (29.89%), Calcium: 290.74mg (29.07%), Selenium: 14.78µg (21.11%), Vitamin B3: 3.99mg (19.94%), Vitamin K: 18.11µg (17.24%), Vitamin B6: 0.34mg (16.77%), Fiber: 4.19g (16.74%), Potassium: 563.97mg (16.11%), Zinc: 2.15mg (14.31%), Vitamin B2: 0.21mg (12.54%), Magnesium: 48.3mg (12.07%), Manganese: 0.22mg (10.96%), Vitamin E: 1.56mg (10.43%), Vitamin B12: 0.56µg (9.27%), Iron: 1.61mg (8.96%), Folate: 35.26µg (8.81%), Vitamin B1: 0.12mg (7.78%), Vitamin B5: 0.76mg (7.6%), Copper: 0.15mg (7.46%), Vitamin D: 0.18µg (1.23%)