

Nacho Party Cheesecake

READY IN



95 min.

SERVINGS



24

CALORIES



410 kcal

Ingredients

- 0.3 cup butter melted
- 1.5 cups chicken breast strips/pre-cooked/chopped cooked finely chopped
- 24 ounces cream cheese softened
- 4 eggs lightly beaten
- 2 tablespoons flour all-purpose
- 0.3 cup spring onion finely chopped
- 0.5 cup mayonnaise
- 1.8 cups tortilla chips crushed
- 24 servings tortilla chips assorted
- 24 servings salsa

- 6 ounces cheddar cheese shredded
- 8 ounces cream sour
- 1 envelope taco seasoning
- 24 servings corn whole ripe cubed sliced chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- springform pan

Directions

- Combine crushed tortilla chips and butter; press onto the bottom of a greased 9-in. springform pan.
- In a large bowl, beat the cream cheese, mayonnaise, taco seasoning and flour until smooth.
- Add eggs; beat on low speed just until combined. Stir in the chicken, cheese blend and onions.
- Pour over crust.
- Place pan on a baking sheet.
- Bake at 325° for 60–70 minutes or until center is almost set. Gently spread sour cream over the top; bake 10 minutes longer or until set.
- Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate for 8 hours or overnight.
- Just before serving, remove sides of pan.
- Garnish with corn, avocado, tomato and olives.
- Serve with salsa and crackers if desired.

Nutrition Facts

PROTEIN 10.03% FAT 60.77% CARBS 29.2%

Properties

Glycemic Index:9.75, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:9.1795651860859%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 409.79kcal (20.49%), Fat: 28.28g (43.51%), Saturated Fat: 11.4g (71.27%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 27.7g (10.07%), Sugar: 3.34g (3.71%), Cholesterol: 84.4mg (28.13%), Sodium: 650.55mg (28.28%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 10.51g (21.01%), Phosphorus: 198.47mg (19.85%), Vitamin K: 20.62µg (19.63%), Vitamin A: 914.92IU (18.3%), Selenium: 10.77µg (15.38%), Vitamin E: 2.31mg (15.38%), Calcium: 138.94mg (13.89%), Fiber: 2.87g (11.47%), Magnesium: 44.68mg (11.17%), Vitamin B2: 0.19mg (11.12%), Vitamin B6: 0.21mg (10.6%), Vitamin B3: 1.96mg (9.82%), Vitamin B5: 0.92mg (9.19%), Zinc: 1.16mg (7.71%), Potassium: 243.91mg (6.97%), Iron: 1.15mg (6.37%), Vitamin B1: 0.09mg (5.85%), Vitamin B12: 0.28µg (4.59%), Folate: 16.13µg (4.03%), Copper: 0.08mg (3.87%), Manganese: 0.05mg (2.64%), Vitamin C: 1.63mg (1.97%), Vitamin D: 0.2µg (1.33%)