



Nacho-rific Stuffed Chicken

READY IN



60 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

Ingredients

- ☐ 16 baked tortilla chips low-fat
- ☐ 20 ounce chicken breast cutlets raw boneless skinless lean
- ☐ 0.3 cup taco sauce
- ☐ 0.5 cup refried beans fat-free
- ☐ 4 servings salsa for topping, optional
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup cheddar cheese fat-free shredded
- ☐ 4 servings cup heavy whipping cream fat-free sour for topping, optional
- ☐ 4 wedges spreadable swiss cheese light room temperature recommended: The Laughing Cow

- ☐ 1 teaspoon taco seasoning dry

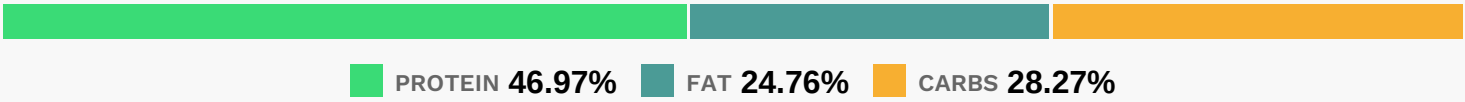
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Preheat the oven to 350 degrees F. Spray a baking sheet with nonstick spray and set aside.
- ☐ Combine beans, cheese wedges, and shredded cheese in a bowl.
- ☐ Mix thoroughly and set aside.
- ☐ Put chips in a sealable plastic bag and crush with your hands or a rolling pin.
- ☐ Add taco seasoning and give it a good shake to mix.
- ☐ Transfer crumb mixture to a plate and set aside.
- ☐ Place cutlets flat on a clean, dry surface, and season with salt and black pepper. Spoon filling onto the centers of the cutlets, dividing it evenly among them. Carefully roll each cutlet up over the filling (which may ooze a little, but don't worry!) and secure with toothpicks, if needed.
- ☐ Transfer to the baking sheet.
- ☐ Cover each stuffed cutlet with 1 tablespoon taco sauce, using the back of the spoon or your fingers to coat. Coat cutlets with crumb mixture.
- ☐ Cover the baking sheet with foil, and bake in the oven for 20 minutes.
- ☐ Carefully remove foil.
- ☐ Bake until chicken is cooked through and outsides are crispy, about 15 additional minutes.
- ☐ Let cool slightly and top with sour cream and salsa, if using. Enjoy!

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:21.130869603675%

Nutrients (% of daily need)

Calories: 365.56kcal (18.28%), Fat: 9.82g (15.11%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 22.74g (8.27%), Sugar: 7.04g (7.82%), Cholesterol: 110.32mg (36.77%), Sodium: 1067.84mg (46.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.93g (83.86%), Selenium: 56.97µg (81.39%), Vitamin B3: 15.25mg (76.26%), Phosphorus: 605.01mg (60.5%), Vitamin B6: 1.17mg (58.5%), Calcium: 328.65mg (32.87%), Vitamin B5: 2.16mg (21.59%), Potassium: 726.61mg (20.76%), Vitamin B2: 0.34mg (20.25%), Vitamin B12: 1.03µg (17.24%), Magnesium: 66.8mg (16.7%), Zinc: 2.39mg (15.96%), Vitamin A: 655.62IU (13.11%), Fiber: 2.5g (10.01%), Vitamin B1: 0.15mg (9.92%), Iron: 1.2mg (6.64%), Vitamin E: 0.9mg (5.97%), Copper: 0.09mg (4.41%), Folate: 17.05µg (4.26%), Manganese: 0.07mg (3.55%), Vitamin C: 2.34mg (2.84%), Vitamin K: 2.45µg (2.34%)