



HEALTH SCORE

62%

Pepper and Chicken Nachos



Gluten Free



Very Healthy

READY IN



37 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 medium size bell peppers cut into 2-inch pieces
- ☐ 15.5 oz black-eyed peas drained and rinsed canned
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup cilantro leaves fresh loosely packed
- ☐ 4 garlic cloves pressed
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 2 cups deli-roasted chicken chopped
- ☐ 0.5 teaspoon salt
- ☐ 7.5 oz sharp cheddar cheese sliced

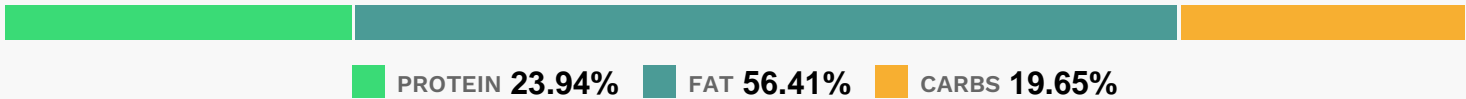
Equipment

- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Combine garlic and next 5 ingredients. Reserve 3 Tbsp. garlic mixture.
- ☐ Pour remaining garlic mixture into a large shallow dish; add peppers, turning to coat. Cover and chill 15 minutes, turning once.
- ☐ Remove peppers from marinade, reserving marinade for basting.
- ☐ Grill peppers, covered with grill lid, 8 to 10 minutes or until peppers blister and are tender, turning occasionally and basting with marinade.
- ☐ Preheat broiler with oven rack 4 inches from heat.
- ☐ Combine chicken and peas with reserved 3 Tbsp. garlic mixture.
- ☐ Place peppers in a single layer on a lightly greased rack in an aluminum foil-lined broiler pan. Quarter cheese slices. Top each pepper with chicken mixture and one cheese quarter.
- ☐ Broil 4 to 5 minutes or until cheese is melted.
- ☐ Remove from oven, sprinkle with cilantro, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:8.64, Inflammation Score:-10, Nutrition Score:36.627826151641%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 660.74kcal (33.04%), Fat: 41.74g (64.21%), Saturated Fat: 14.19g (88.68%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 22.9g (8.33%), Sugar: 8.91g (9.9%), Cholesterol: 105.66mg (35.22%), Sodium: 702.68mg (30.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.7%), Vitamin C: 154.07mg (186.76%), Vitamin A: 4398.47IU (87.97%), Folate: 298.88µg (74.72%), Phosphorus: 588.23mg (58.82%), Selenium: 35.61µg (50.87%), Calcium: 430.07mg (43.01%), Vitamin B6: 0.82mg (41.04%), Manganese: 0.81mg (40.32%), Fiber: 9.83g (39.32%), Vitamin B3: 7.3mg (36.52%), Vitamin E: 5.23mg (34.83%), Zinc: 4.79mg (31.95%), Vitamin B2: 0.51mg (29.74%), Magnesium: 104.75mg (26.19%), Iron: 4.6mg (25.55%), Vitamin B1: 0.35mg (23.58%), Vitamin K: 24.42µg (23.25%), Potassium: 795.63mg (22.73%), Copper: 0.39mg (19.55%), Vitamin B5: 1.76mg (17.58%), Vitamin B12: 0.77µg (12.77%), Vitamin D: 0.32µg (2.13%)