



Pepper Jack Nacho Bake

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups chicken breasts shredded cooked
- 0.8 cup knudsen cream sour
- 1 Tbsp oil
- 1.5 cups pepper jack cheese shredded kraft
- 1 cup pasilla peppers green red chopped
- 1 oz taco bellâ® taco seasoning mix
- 6 oz tortilla chips
- 0.8 cup water

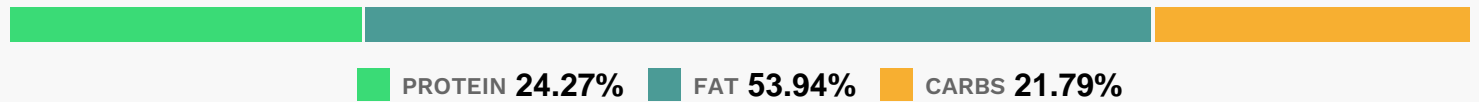
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Heat oil in large skillet on medium-high heat.
- Add vegetables; cook and stir 5 min. Stir in chicken.
- Add water and seasoning mix; stir. Cook 10 min., stirring occasionally. Stir in sour cream.
- Place half the chips in 13x9-inch baking dish; cover with layers of half each of the chicken mixture and cheese. Repeat layers.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:0.82, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.9286956540916%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 59.66kcal (2.98%), Fat: 3.6g (5.54%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.9g (1.05%), Sugar: 0.38g (0.42%), Cholesterol: 12.61mg (4.2%), Sodium: 94.31mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.29%), Phosphorus: 46.72mg (4.67%), Selenium: 3.15µg (4.5%), Vitamin B3: 0.79mg (3.95%), Calcium: 37.55mg (3.75%), Vitamin C: 2.98mg (3.61%), Vitamin B6: 0.06mg (2.85%), Vitamin A: 128.14IU (2.56%), Vitamin B2: 0.04mg (2.26%), Zinc: 0.32mg (2.16%), Magnesium: 6.91mg (1.73%), Vitamin B5: 0.16mg (1.6%), Fiber: 0.38g (1.52%), Vitamin E: 0.22mg (1.5%), Iron: 0.25mg (1.41%), Vitamin K: 1.41µg (1.34%), Potassium: 41.89mg (1.2%), Vitamin B12: 0.07µg (1.11%)