



## Roast Chicken-Chipotle Nachos with Cilantro-Avocado Crema

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups chicken thighs cooked (see notes)
- ☐ 1 chipotle sauce canned chopped
- ☐ 24 tortilla chips ()
- ☐ 0.5 teaspoon cumin seeds
- ☐ 24 cilantro leaves fresh
- ☐ 6 oz monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 tablespoons tomato paste
- ☐ 1 tablespoon citrus champagne vinegar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ spatula

## Directions

- ☐ In a 2 1/2- to 3-quart pan over medium-high heat, frequently stir onion in olive oil until onion begins to brown, 4 to 7 minutes.
- ☐ Add cumin seeds and oregano; stir until fragrant, about 30 seconds.
- ☐ Add chilies, tomato paste, vinegar, and 1/2 cup water; bring to a boil, then reduce heat and simmer gently, stirring often, to blend flavors, about 5 minutes.
- ☐ Add chicken and stir until hot.
- ☐ Meanwhile, arrange tortilla chips in a single layer in a 12- by 17-inch pan.
- ☐ Sprinkle equal portions of cheese on each chip and spoon about 1 tablespoon chicken mixture on top.
- ☐ Bake in a 450 regular or convection oven until cheese begins to bubble, about 3 minutes. With a spatula, carefully transfer tortilla chips to a platter. Top each with 1 teaspoon Cilantro-Avocado Crema and garnish with a cilantro leaf.
- ☐ Serve warm.
- ☐ Cilantro-Avocado Crema. In a small bowl, mix 1/3 cup finely diced firm-ripe avocado, 2 tablespoons sour cream, 1 tablespoon finely chopped fresh cilantro leaves, 2 teaspoons lime juice, and 2 teaspoons milk.
- ☐ Add salt to taste. Makes about 1/2 cup.

## Nutrition Facts



 **PROTEIN 32.27%**  **FAT 51.54%**  **CARBS 16.19%**

Properties

Glycemic Index:17.63, Glycemic Load:0.53, Inflammation Score:-6, Nutrition Score:10.276521812315%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Nutrients (% of daily need)

Calories: 220.34kcal (11.02%), Fat: 12.62g (19.41%), Saturated Fat: 5.19g (32.44%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 7.61g (2.77%), Sugar: 1.51g (1.68%), Cholesterol: 75.11mg (25.04%), Sodium: 245.67mg (10.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.54%), Selenium: 17.17µg (24.53%), Vitamin K: 25.06µg (23.87%), Phosphorus: 235.32mg (23.53%), Calcium: 184.53mg (18.45%), Vitamin B3: 3.61mg (18.06%), Vitamin B6: 0.33mg (16.38%), Vitamin A: 647.76IU (12.96%), Vitamin B2: 0.21mg (12.56%), Zinc: 1.74mg (11.62%), Vitamin B12: 0.56µg (9.25%), Vitamin B5: 0.91mg (9.14%), Magnesium: 32.01mg (8%), Potassium: 269.49mg (7.7%), Vitamin E: 1.08mg (7.22%), Iron: 1.16mg (6.43%), Vitamin B1: 0.08mg (5.4%), Fiber: 1.3g (5.22%), Copper: 0.08mg (4.14%), Vitamin C: 3.26mg (3.95%), Manganese: 0.07mg (3.68%), Folate: 13.68µg (3.42%)