



Roasted Chicken Nachos With Green Chili-Cheese Sauce

READY IN



60 min.

SERVINGS



8

CALORIES



927 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pint cherry tomatoes halved
- ☐ 2 cups chicken stock see at room temperature
- ☐ 2 handfuls cilantro leaves fresh shredded
- ☐ 1 pound tortilla chips salted
- ☐ 8 servings cream and guacamole sour for serving
- ☐ 1 teaspoon cumin seeds toasted
- ☐ 0.3 cup flour all-purpose
- ☐ 1 handful cilantro leaves fresh coarsely chopped

- ☐ 2 garlic clove peeled
- ☐ 2 green onions chopped
- ☐ 4 cups jack cheese shredded
- ☐ 1 jalapeño chopped
- ☐ 2 jalapeños stemmed
- ☐ 1 juice of lime juiced
- ☐ 2 juice of lime juiced
- ☐ 8 servings kosher salt
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.5 medium onion peeled quartered
- ☐ 3 pound roasted chicken shredded whole finely
- ☐ 4 medium tomatillos husked rinsed
- ☐ 0.3 cup butter unsalted ()

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ wooden spoon

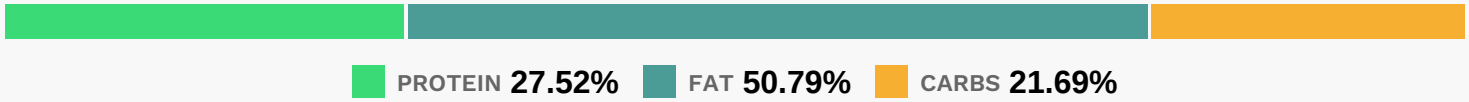
Directions

- ☐ Bring a pot of water to a boil; add the tomatillos, jalapenos, onion, and garlic. Simmer for 10 to 15 minutes, until the tomatillos are soft.
- ☐ Drain and cool slightly, then put them in a blender.
- ☐ Add the cilantro, lime juice, and cumin. Puree for a few seconds to blend, and then pour in about a 1/4 cup of water and process to a coarse puree; taste and season with a generous

pinch of salt. You should have about 2 cups of this salsa verde.

- ☐
- Make a roux by melting the butter over medium-low heat in a thick-bottomed saucepan. Just as the foam subsides, sprinkle in the flour, stirring constantly with a wooden spoon or whisk to prevent lumps. Cook for 2 to 3 minutes to remove the starchy taste from the flour; don't allow it to brown. Gradually whisk in the chicken stock and simmer for 8 minutes to thicken. Once you have a good base, fold in 2 cups of the shredded Jack cheese; mix until completely melted into a sauce. Stir in the prepared salsa verde until incorporated; remove the green chili cheese sauce from the heat.
- ☐
- Make a quick salsa by combining the cherry tomatoes, onions, jalapeno, cilantro, and lime juice in a bowl; season with salt and pepper, tossing to combine.
- ☐
- To build these awesome nachos: Preheat the oven to 350 degrees F. Get a very large oven-proof platter and cover it with a few handfuls of tortilla chips, follow with a portion of the shredded chicken, a coating of the cheese sauce, and a nice sprinkle of the remaining shredded jack. Make 3 or 4 layers of the nachos, depending on the size of the platter.
- ☐
- Bake the nachos until they are all hot and gooey, about 5 to 10 minutes.
- ☐
- Spoon the tomato salsa over the top of the nachos and serve with the sour cream on the side.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:2.6, Inflammation Score:-8, Nutrition Score:31.539130604785%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 926.89kcal (46.34%), Fat: 52.41g (80.63%), Saturated Fat: 22.8g (142.53%), Carbohydrates: 50.35g (16.78%), Net Carbohydrates: 45.95g (16.71%), Sugar: 5.06g (5.62%), Cholesterol: 211.86mg (70.62%), Sodium: 946.12mg (41.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.9g (127.79%), Selenium: 56.3µg (80.43%),

Vitamin B3: 15.89mg (79.47%), Phosphorus: 768.35mg (76.83%), Calcium: 534.89mg (53.49%), Vitamin B6: 0.99mg (49.64%), Vitamin B2: 0.64mg (37.87%), Zinc: 5.41mg (36.04%), Vitamin C: 27.02mg (32.75%), Magnesium: 116.42mg (29.11%), Vitamin K: 29.86µg (28.44%), Vitamin A: 1411.38IU (28.23%), Vitamin B5: 2.66mg (26.64%), Iron: 4.46mg (24.76%), Potassium: 857.27mg (24.49%), Vitamin E: 3.15mg (20.97%), Vitamin B1: 0.29mg (19.4%), Fiber: 4.4g (17.6%), Vitamin B12: 1µg (16.64%), Copper: 0.29mg (14.43%), Folate: 52.08µg (13.02%), Manganese: 0.21mg (10.58%), Vitamin D: 0.69µg (4.57%)