



Skillet Chicken Nachos

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 lb chicken breast boneless skinless cut into 1/4-inch pieces
- ☐ 1 oz taco seasoning
- ☐ 8 oz tomato sauce canned
- ☐ 1 cup bell pepper red chopped
- ☐ 15 oz black beans rinsed drained canned
- ☐ 7 oz corn sweet whole drained canned
- ☐ 8 oz cheddar cheese shredded

- ☐ 6 oz tortilla chips (42 chips)
- ☐ 0.3 cup cilantro leaves fresh chopped

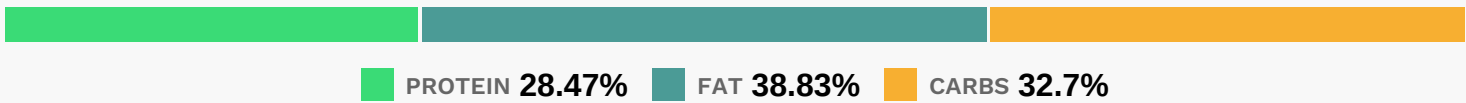
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 3 to 5 minutes, stirring occasionally, until no longer pink in center.
- ☐ Stir in taco seasoning mix, tomato sauce, bell pepper, beans, corn and 1 cup of the cheese. Reduce heat to medium; cook 3 to 5 minutes, stirring occasionally, until heated through and cheese is melted.
- ☐ Divide tortilla chips between 6 plates. Spoon chicken mixture evenly over chips.
- ☐ Sprinkle with remaining 1 cup cheese and the cilantro.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:25.82304347598%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 510.43kcal (25.52%), Fat: 22.23g (34.19%), Saturated Fat: 8.26g (51.62%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 33.7g (12.25%), Sugar: 3.97g (4.41%), Cholesterol: 96.39mg (32.13%), Sodium: 1319.79mg (57.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.67g (73.33%), Vitamin B3: 11.46mg (57.3%), Selenium: 38.34µg (54.77%), Phosphorus: 534.88mg (53.49%), Vitamin C: 40.35mg (48.91%), Vitamin B6: 0.93mg (46.54%), Vitamin A: 1710.57IU (34.21%), Fiber: 8.42g (33.67%), Calcium: 316.82mg (31.68%), Potassium: 858.16mg (24.52%), Magnesium: 95.1mg (23.78%), Vitamin B2: 0.37mg (21.84%), Vitamin B5: 2.11mg (21.06%), Folate: 80.16µg (20.04%), Zinc: 2.7mg (18.01%), Iron: 3.22mg (17.91%), Vitamin E: 2.41mg (16.09%), Vitamin B1: 0.24mg (15.73%), Vitamin K: 15.57µg (14.83%), Manganese: 0.28mg (13.86%), Copper: 0.26mg (12.9%), Vitamin B12: 0.65µg (10.9%), Vitamin D: 0.28µg (1.89%)