



Slow-Cooker Southwest Chicken Nachos

 Gluten Free

READY IN



285 min.

SERVINGS



21

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounces mild cheddar cheese with jalapeño peppers, cut into cubes prepared
- ☐ 0.8 cup salsa thick
- ☐ 15 ounces black beans rinsed drained canned
- ☐ 9 ounces chicken tenderloins frozen thawed cubed cooked
- ☐ 8 ounces gorgonzola dip sour
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 12 ounces tortilla chips

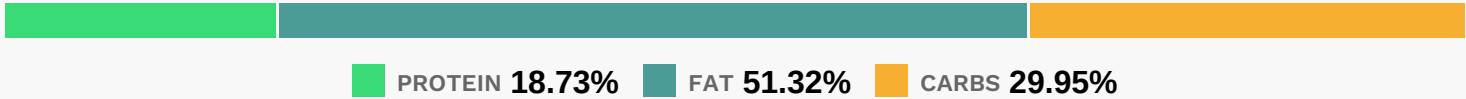
Equipment

☐ slow cooker

Directions

- ☐ Place cheese, salsa, beans and chicken in 3- to 4-quart slow cooker.
- ☐ Cover and cook on Low heat setting 3 to 4 hours, stirring halfway through cooking, until cheese is melted and mixture is hot.
- ☐ Stir in sour cream dip and bell peppers. Increase heat setting to High. Cover and cook about 30 minutes or until mixture is hot.
- ☐ Serve over tortilla chips. Topping will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:3.29, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:8.2560868962951%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 224.42kcal (11.22%), Fat: 12.92g (19.88%), Saturated Fat: 5.6g (34.98%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 14.26g (5.18%), Sugar: 1.74g (1.93%), Cholesterol: 29.38mg (9.79%), Sodium: 408.86mg (17.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.22%), Calcium: 195.78mg (19.58%), Vitamin C: 15.66mg (18.98%), Phosphorus: 189mg (18.9%), Selenium: 11.07µg (15.81%), Fiber: 2.71g (10.84%), Vitamin A: 514.34IU (10.29%), Vitamin B6: 0.2mg (9.95%), Vitamin B2: 0.15mg (9.06%), Vitamin B3: 1.75mg (8.74%), Zinc: 1.24mg (8.28%), Magnesium: 32.64mg (8.16%), Vitamin E: 1.01mg (6.72%), Folate: 23.66µg (5.92%), Potassium: 204.78mg (5.85%), Vitamin B5: 0.54mg (5.4%), Vitamin B1: 0.08mg (5.08%), Vitamin K: 5.19µg (4.94%), Iron: 0.8mg (4.47%), Vitamin B12: 0.25µg (4.22%), Manganese: 0.08mg (3.91%), Copper: 0.08mg (3.85%)