



## Slow-Cooker Spicy Chicken Nachos

 Gluten Free

READY IN



180 min.

SERVINGS



24

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 oz mexican cheese blend with jalapeño peppers, cut into cubes prepared
- 0.8 cup salsa thick
- 15 oz black beans rinsed drained canned
- 9 oz chicken breast strips/pre-cooked/chopped frozen thawed cubed cooked
- 8 oz cream sour
- 1 cup bell pepper red chopped
- 3 tablespoons spring onion sliced
- 1 serving tortilla chips

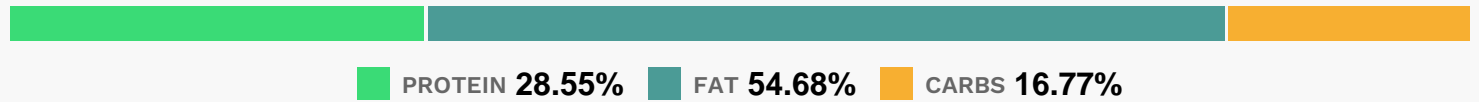
# Equipment

slow cooker

# Directions

- Spray 3- to 4-quart slow cooker with cooking spray. In cooker, place cheese, salsa, beans and chicken.
- Cover; cook on Low heat setting 2 hours, stirring once halfway through cooking.
- Stir in sour cream, bell pepper and onions. Increase heat setting to High. Cover; cook about 45 minutes longer or until mixture is hot.
- Serve with tortilla chips. Topping can be kept warm on Low heat setting up to 2 hours; stir occasionally.

# Nutrition Facts



# Properties

Glycemic Index:2.67, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:5.6786957072175%

# Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

# Nutrients (% of daily need)

Calories: 129.75kcal (6.49%), Fat: 7.93g (12.2%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 3.89g (1.41%), Sugar: 1.15g (1.28%), Cholesterol: 32.57mg (10.86%), Sodium: 251.05mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.63%), Calcium: 146.38mg (14.64%), Phosphorus: 140.45mg (14.05%), Vitamin C: 8.81mg (10.67%), Selenium: 6.48µg (9.26%), Vitamin B3: 1.76mg (8.82%), Vitamin A: 427.26IU (8.55%), Vitamin B2: 0.12mg (6.98%), Fiber: 1.58g (6.33%), Vitamin B6: 0.12mg (6.19%), Zinc: 0.85mg (5.69%), Vitamin B12: 0.29µg (4.81%), Magnesium: 18.05mg (4.51%), Folate: 18.06µg (4.51%), Potassium: 147.92mg (4.23%), Iron: 0.65mg (3.64%), Manganese: 0.07mg (3.28%), Vitamin B1: 0.05mg (3.12%), Vitamin K: 3.09µg (2.94%), Copper: 0.05mg (2.69%), Vitamin B5: 0.26mg (2.64%), Vitamin E: 0.35mg (2.36%)