



Slow-Cooker Spicy Chicken Nachos

 Gluten Free

READY IN



180 min.

SERVINGS



24

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

slow cooker

Directions

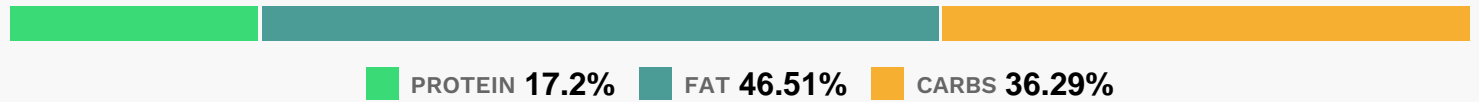
Spray 3- to 4-quart slow cooker with cooking spray. In cooker, place cheese, salsa, beans and chicken.

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:-5, Nutrition Score:7.9473912482676%

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: 256.41kcal (12.82%), Fat: 13.48g (20.74%), Saturated Fat: 5.08g (31.75%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 20.63g (7.5%), Sugar: 1.36g (1.51%), Cholesterol: 32.57mg (10.86%), Sodium: 339.06mg (14.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.44%), Phosphorus: 200.83mg (20.08%), Calcium: 174.82mg (17.48%), Fiber: 3.03g (12.12%), Selenium: 7.66µg (10.95%), Vitamin C: 8.81mg (10.67%), Magnesium: 40.59mg (10.15%), Vitamin B3: 1.99mg (9.94%), Vitamin E: 1.3mg (8.68%), Vitamin B6: 0.17mg (8.59%), Vitamin A: 428.06IU (8.56%), Vitamin K: 8.7µg (8.28%), Zinc: 1.22mg (8.15%), Vitamin B2: 0.14mg (8.08%), Iron: 1.06mg (5.9%), Vitamin B5: 0.58mg (5.82%), Vitamin B1: 0.08mg (5.62%), Potassium: 196.76mg (5.62%), Folate: 21.28µg (5.32%), Vitamin B12: 0.29µg (4.81%), Copper: 0.08mg (3.99%), Manganese: 0.07mg (3.28%)