



Smoky Chicken Nachos

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barbecue sauce
- 1 loaf cheese cut into 1-inch cubes (3 cups) (16 oz. box)
- 12 oz chicken breast refrigerated cooked cut into bite-size pieces
- 2 tablespoons spring onion chopped (2 medium)
- 3 cups lettuce shredded
- 1 cup plum tomatoes chopped (Roma)
- 1 cup salsa thick
- 0.5 cup cream sour

10 oz tortilla chips thick (extra)

Equipment

bowl

microwave

slow cooker

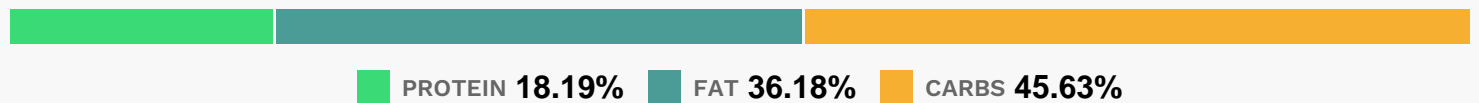
Directions

In 2 1/2-quart microwavable bowl, microwave cheese, salsa and barbecue sauce on High 6 to 9 minutes, stirring every 3 minutes, until cheese is melted. Stir in onions. Spoon cheese mixture into 1- to 1 1/2-quart slow cooker; set on Low heat setting to keep warm.

Heat chicken as directed on package.

To serve, have guests place chips on individual plates; spoon cheese mixture over chips and top with warm chicken, tomatoes, lettuce and sour cream.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:11.133478228165%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 279.09kcal (13.95%), Fat: 11.49g (17.67%), Saturated Fat: 2.74g (17.11%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 29.3g (10.65%), Sugar: 6.32g (7.02%), Cholesterol: 35.82mg (11.94%), Sodium: 480.51mg (20.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13g (25.99%), Vitamin B3: 5.38mg (26.9%), Vitamin B6: 0.49mg (24.39%), Selenium: 16.18µg (23.11%), Phosphorus: 205.77mg (20.58%), Vitamin K: 21.18µg (20.18%), Vitamin E: 2.07mg (13.81%), Vitamin A: 677.49IU (13.55%), Magnesium: 53.77mg (13.44%), Fiber: 3.3g (13.19%), Potassium: 456.78mg (13.05%), Vitamin B5: 1.21mg (12.07%), Vitamin C: 6.4mg (7.76%), Vitamin B1: 0.12mg (7.73%),

Calcium: 76.04mg (7.6%), Vitamin B2: 0.12mg (7.12%), Zinc: 0.96mg (6.43%), Manganese: 0.13mg (6.29%), Iron: 1.11mg (6.18%), Folate: 21.55µg (5.39%), Copper: 0.1mg (5.07%), Vitamin B12: 0.12µg (1.94%)