



Southwestern Macho Nachos

READY IN



20 min.

SERVINGS



20

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup black beans rinsed
- 1 Tbsp buffalo wing sauce
- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 1 cup chicken breasts shredded cooked
- 0.3 cup roasted corn
- 0.3 cup knudsen cream sour
- 2 Tbsp cilantro leaves fresh chopped
- 0.3 cup pasilla peppers red finely chopped
- 0.3 cup taco bellâ® & chunky salsa thick

60 large wheat snack crackers thin

Equipment

microwave

Directions

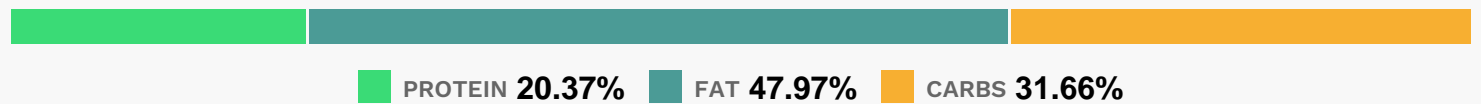
Toss chicken and hot sauce; set aside.

Place half the crackers in single layer on microwaveable plate. Top with half the chicken mixture and half of the next 4 ingredients. Microwave on HIGH 1 min. or until cheese is melted.

Top with half of the sour cream, salsa and cilantro.

Serve immediately. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:8.82, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:2.3313043473855%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 77.25kcal (3.86%), Fat: 4.16g (6.4%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.35g (1.95%), Sugar: 1.3g (1.44%), Cholesterol: 13.16mg (4.39%), Sodium: 138.9mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.95%), Selenium: 3.54µg (5.06%), Calcium: 50.52mg (5.05%), Phosphorus: 50.27mg (5.03%), Vitamin C: 3.45mg (4.18%), Vitamin A: 191.54IU (3.83%), Vitamin B3: 0.69mg (3.45%), Fiber: 0.83g (3.31%), Vitamin B2: 0.05mg (2.84%), Vitamin B6: 0.05mg (2.73%), Zinc: 0.39mg (2.6%), Folate: 7.97µg (1.99%), Iron: 0.34mg (1.88%), Magnesium: 7.01mg (1.75%), Potassium: 57.57mg (1.64%), Vitamin B5: 0.15mg (1.48%), Vitamin B12: 0.09µg (1.47%), Manganese: 0.03mg (1.35%), Vitamin B1: 0.02mg (1.27%), Vitamin E: 0.15mg (1.02%)