



Super Chicken Nachos

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz tortilla chips
- 0.5 cup avocado ripe chopped
- 0.5 teaspoon ground cumin
- 1 cup tomatoes seeded chopped
- 1 cup chicken shredded cooked
- 4 oz monterrey jack cheese shredded
- 1 serving salsa sour

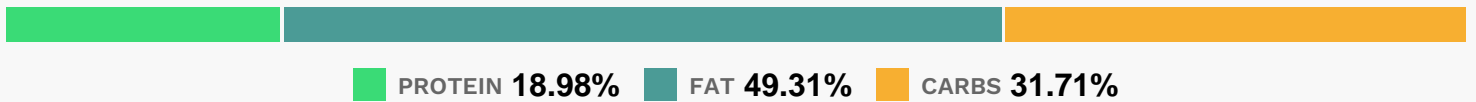
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400°F. Line cookie sheet with foil.
- Place tortilla chips on cookie sheet. In small bowl, mix avocado, cumin and tomato; spoon over chips. Top with chicken and cheese.
- Bake 3 to 5 minutes or until cheese is melted.
- Serve with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:8.5217391822649%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 269.91kcal (13.5%), Fat: 15.08g (23.19%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 19.04g (6.92%), Sugar: 1.26g (1.4%), Cholesterol: 34.32mg (11.44%), Sodium: 261.27mg (11.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.11%), Phosphorus: 207.5mg (20.75%), Calcium: 180.87mg (18.09%), Selenium: 9.83µg (14.05%), Vitamin B3: 2.53mg (12.63%), Vitamin B6: 0.22mg (11.17%), Fiber: 2.78g (11.12%), Vitamin K: 11.22µg (10.68%), Magnesium: 41.58mg (10.4%), Vitamin E: 1.51mg (10.09%), Zinc: 1.45mg (9.69%), Vitamin B2: 0.15mg (8.89%), Vitamin A: 408.58IU (8.17%), Vitamin B5: 0.81mg (8.09%), Potassium: 256.56mg (7.33%), Iron: 1.12mg (6.21%), Vitamin C: 4.77mg (5.78%), Folate: 22.05µg (5.51%), Vitamin B1: 0.08mg (5.16%), Copper: 0.09mg (4.51%), Vitamin B12: 0.22µg (3.74%), Manganese: 0.06mg (3.18%)