



World's Greatest Chicken Nachos

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 40 baked tortilla chips
- 14.5 ounce canned tomatoes diced drained canned
- 1 teaspoon chili powder
- 1 tablespoon cider vinegar
- 1 teaspoon flour all-purpose
- 8 ounces ground chicken
- 0.5 teaspoon ground cumin
- 2 jalapeño peppers seeded finely chopped
- 16 ounce pink beans drained canned (such as Goya)

- 0.5 teaspoon oregano dried
- 3 tablespoons raisins
- 0.5 cup bottled salsa
- 0.5 teaspoon salt
- 2 ounces sharp cheddar cheese shredded
- 2 teaspoons sugar
- 0.5 teaspoon vegetable oil

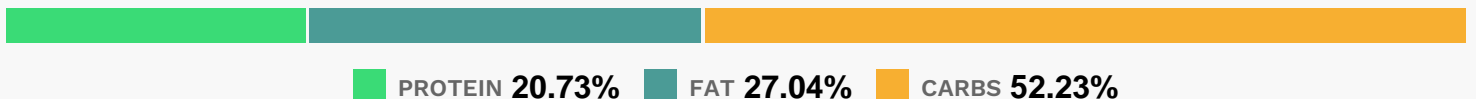
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 45
- To prepare chicken picadillo, heat oil in a large nonstick skillet over medium-high heat.
- Add ground chicken, cumin, oregano, salt, and jalapeos; cook until chicken is browned, stirring to crumble. Stir in flour and chili powder; cook 1 minute.
- Add raisins, vinegar, sugar, and tomatoes; cook 3 minutes, stirring frequently.
- Add beans; cook until thoroughly heated.
- To prepare nachos, arrange chips on a large baking sheet. Spoon chicken picadillo and salsa evenly over chips; sprinkle with cheese.
- Bake at 450 for 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:46.86, Glycemic Load:5.12, Inflammation Score:-6, Nutrition Score:10.82826088952%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 200.08kcal (10%), Fat: 6.25g (9.61%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 23.61g (8.58%), Sugar: 4.18g (4.64%), Cholesterol: 31.47mg (10.49%), Sodium: 455.51mg (19.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.56%), Vitamin C: 21.44mg (25.99%), Phosphorus: 180.92mg (18.09%), Folate: 70.15µg (17.54%), Potassium: 570.68mg (16.31%), Vitamin B6: 0.32mg (15.76%), Fiber: 3.55g (14.22%), Magnesium: 53.97mg (13.49%), Vitamin B3: 2.62mg (13.1%), Calcium: 129.44mg (12.94%), Iron: 2.19mg (12.15%), Selenium: 7.91µg (11.3%), Vitamin B2: 0.19mg (11.24%), Copper: 0.21mg (10.26%), Vitamin E: 1.36mg (9.04%), Zinc: 1.29mg (8.57%), Vitamin B1: 0.12mg (8.1%), Manganese: 0.16mg (7.87%), Vitamin A: 390.66IU (7.81%), Vitamin K: 6.05µg (5.76%), Vitamin B5: 0.53mg (5.33%), Vitamin B12: 0.23µg (3.9%)