

BBQ Chicken Nacho Salad

Yield: 1 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-mexican-green-casserole>

Ingredients:

- 2 whole wheat tortillas depending on how many chips you want
- 4 ounces chicken grilled, marinated or seasoned with BBQ sauce or seasoning
- 1/4 onion sliced and caramelized
- 1/4 teaspoon bbq seasoning I use McCormick's
- 1 1/2 cups greens spring, arugula, spinach, chopped
- 1/2 ounce smoked cheddar cheese
- 1/2 ounce smoked gouda cheese
- 2 tablespoons bbq sauce

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 87 grams
3. Cholesterol: 105 milligrams
4. Fat: 23 grams
5. Fiber: 6 grams
6. Protein: 42 grams
7. SaturatedFat: 9 grams
8. Sodium: 1630 milligrams
9. Sugar: 13 grams

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