



Saucy Chick BBQ Nachos



1/5th of recipe (about 12 loaded chips): 229 calories, 3g total fat (<0.5g sat fat), 875mg sodium, 26g carbs, 1.25g fiber, 7g sugars, 21g protein

Freestyle™ [SmartPoints®](#) value 5*

[SmartPoints®](#) value 6*

Prep: 10 minutes **Cook:** 10 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

4 oz. (about 60) baked tortilla chips
10 oz. canned 98% fat-free chunk white chicken breast in water, drained and flaked
1/2 cup BBQ sauce with 45 calories or less per 2-tbsp. serving
1 cup shredded fat-free cheddar cheese
2 tbsp. chopped scallions
Optional topping: fat-free sour cream

Directions

Preheat oven to 350 degrees. Spray a large ovenproof platter or baking sheet with nonstick spray.

Spread out tortilla chips on the platter or sheet.

In a small bowl, mix chicken with 1/4 cup BBQ sauce. Evenly spoon over the chips.

Sprinkle chips with cheese and drizzle with remaining 1/4 cup BBQ sauce.

Bake until toppings are hot, 8 to 10 minutes.

Sprinkle with scallions and enjoy!!!

MAKES 5 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.