



BBQ Nachos

 **Gluten Free**

READY IN

ready

10 min.

SERVINGS

servings

5

CALORIES

calories

696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 5 servings neelys bbq seasoning
- ☐ 4 ounce jalapeños drained sliced canned
- ☐ 0.5 tablespoon ground mustard
- ☐ 0.5 tablespoon ground pepper fresh black
- ☐ 2 cups catsup
- ☐ 1 tablespoon juice of lemon
- ☐ 5 tablespoons brown sugar light

- ☐ 4 ounces nacho cheese dip melted
- ☐ 0.5 tablespoon onion powder
- ☐ 1 teaspoon onion powder
- ☐ 4 ounces paprika
- ☐ 6 ounces fatty pork chopped
- ☐ 5 tablespoons sugar
- ☐ 1 bag tortilla chips
- ☐ 1 cup water
- ☐ 2 ounces sugar white
- ☐ 1 tablespoon worcestershire sauce

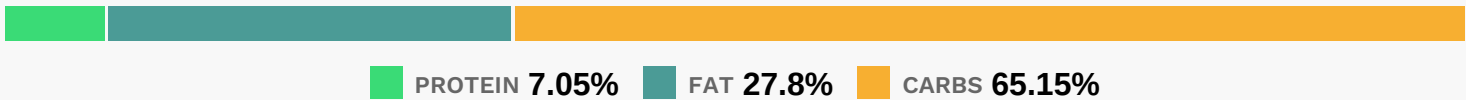
Equipment

- ☐ sauce pan

Directions

- ☐ Mound tortilla chips in a pile on a platter.
- ☐ Sprinkle with Neelys BBQ Seasoning, to taste.
- ☐ Spread chopped pork, beef or chicken on top of chips.
- ☐ Sprinkle with seasoning again and pour the Neelys Barbeque Sauce onto meat. Top with melted nacho cheese.
- ☐ Lightly sprinkle more Neelys BBQ Seasoning onto cheese.
- ☐ Add jalapenos to the nachos for additional spice.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.
- ☐ In a large saucepan, combine all the ingredients. Bring mixture to a boil, reduce heat to a simmer. Cook uncovered, stirring frequently, for 2 hours.

Nutrition Facts



Properties

Glycemic Index:45.44, Glycemic Load:17.11, Inflammation Score:-10, Nutrition Score:28.425651986962%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 695.82kcal (34.79%), Fat: 23.07g (35.49%), Saturated Fat: 3.94g (24.61%), Carbohydrates: 121.61g (40.54%), Net Carbohydrates: 108.93g (39.61%), Sugar: 60.27g (66.97%), Cholesterol: 14.29mg (4.76%), Sodium: 1719.43mg (74.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.16g (26.33%), Vitamin A: 12227.63IU (244.55%), Vitamin E: 10.47mg (69.78%), Fiber: 12.68g (50.71%), Vitamin K: 46.42µg (44.2%), Vitamin B6: 0.88mg (44.04%), Iron: 7.5mg (41.64%), Manganese: 0.73mg (36.48%), Vitamin B2: 0.53mg (30.89%), Potassium: 1069.67mg (30.56%), Magnesium: 122.23mg (30.56%), Phosphorus: 280.88mg (28.09%), Vitamin B3: 5.49mg (27.45%), Copper: 0.4mg (19.8%), Calcium: 191.28mg (19.13%), Vitamin B5: 1.64mg (16.36%), Zinc: 2.45mg (16.32%), Vitamin B1: 0.21mg (13.94%), Selenium: 9.32µg (13.32%), Vitamin C: 8.7mg (10.54%), Folate: 35.68µg (8.92%)