



## BBQ Pulled Pork Nachos

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup original barbecue sauce divided kraft
- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 0.3 cup knudsen cream sour
- 0.5 cup regular corn frozen
- 1 jalapeño pepper seeded finely chopped
- 0.5 cup oscar mayer carving board & spicy seasoned pulled pork sweet
- 1 tomatoes chopped
- 8 oz tortilla chips

## Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 350F.
- Combine meat and 1/4 cup barbecue sauce.
- Spread chips onto foil-covered rimmed baking sheet; top with meat mixture, cheese, corn and peppers.
- Bake 15 to 20 min. or until cheese is melted and meat mixture is heated through. Top with tomatoes, remaining barbecue sauce and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:12.13, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:6.0830434845841%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 276.96kcal (13.85%), Fat: 13.37g (20.57%), Saturated Fat: 4.6g (28.78%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 30.74g (11.18%), Sugar: 9.01g (10.01%), Cholesterol: 24.72mg (8.24%), Sodium: 461.14mg (20.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.95%), Calcium: 152.97mg (15.3%), Phosphorus: 150.38mg (15.04%), Vitamin E: 1.36mg (9.08%), Magnesium: 35.87mg (8.97%), Fiber: 2.2g (8.79%), Selenium: 5.83µg (8.33%), Vitamin K: 8.11µg (7.73%), Vitamin A: 378.55IU (7.57%), Zinc: 1.06mg (7.09%), Vitamin B2: 0.12mg (6.85%), Vitamin B6: 0.11mg (5.4%), Potassium: 181.35mg (5.18%), Vitamin B5: 0.49mg (4.93%), Iron: 0.83mg (4.61%), Vitamin B1: 0.07mg (4.39%), Vitamin C: 3.29mg (3.98%), Manganese: 0.07mg (3.72%), Folate: 13.61µg (3.4%), Vitamin B3: 0.62mg (3.12%), Copper: 0.06mg (3.12%), Vitamin B12: 0.16µg (2.75%)