



Beefy Enchilada Nachos

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 serving salt and pepper
- 10 oz enchilada sauce red canned
- 4 oz chilis green chopped canned
- 1 cup black beans canned rinsed drained (from 15-)
- 6 oz cheddar cheese shredded
- 8 cups tortilla chips
- 1 serving cheddar cheese shredded

- 1 serving spring onion sliced
- 1 serving cilantro leaves fresh
- 1 serving jalapeno
- 1 serving cream sour

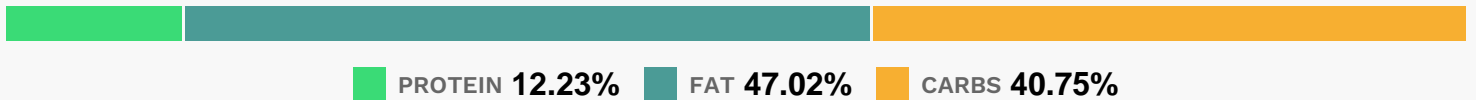
Equipment

- frying pan

Directions

- In 12-inch skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked.
- Drain, if needed. Season with salt and pepper.
- Stir in enchilada sauce, green chiles and black beans.
- Add 1 1/2 cups Cheddar cheese; cook until cheese is melted.
- To serve, place about 1 cup tortilla chips on each serving plate. Divide beef mixture evenly over chips. Top nachos with desired toppings.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:19.966956465141%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 828.89kcal (41.44%), Fat: 44.04g (67.76%), Saturated Fat: 12.56g (78.48%), Carbohydrates: 85.89g (28.63%), Net Carbohydrates: 77.32g (28.12%), Sugar: 3.42g (3.81%), Cholesterol: 66.15mg (22.05%), Sodium: 1049.66mg (45.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.54%), Phosphorus: 489.17mg (48.92%), Fiber: 8.57g (34.26%), Zinc: 5.01mg (33.42%), Calcium: 323.69mg (32.37%), Magnesium: 121.43mg

(30.36%), Selenium: 21.03µg (30.04%), Vitamin E: 4.5mg (30.01%), Vitamin K: 27.33µg (26.03%), Vitamin B12: 1.48µg (24.69%), Vitamin B6: 0.44mg (21.87%), Iron: 3.71mg (20.62%), Vitamin B2: 0.31mg (18.13%), Vitamin B5: 1.81mg (18.09%), Vitamin B3: 3.61mg (18.03%), Vitamin B1: 0.22mg (15%), Potassium: 468.67mg (13.39%), Folate: 44.45µg (11.11%), Vitamin A: 530.19IU (10.6%), Copper: 0.2mg (9.84%), Vitamin C: 6.67mg (8.08%), Manganese: 0.06mg (3%), Vitamin D: 0.21µg (1.38%)