



Beer Queso Nachos

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups tortilla chips
- 0.5 cup lager such as a boston lager
- 8 oz processed cheese food shredded
- 4 oz mild cheddar cheese shredded
- 4 oz chilis green drained chopped canned
- 15 oz black beans rinsed drained canned
- 0.5 cup salsa thick
- 1 medium avocado pitted peeled chopped

- 1 medium tomatoes seeded chopped
- 2 tablespoons cilantro leaves fresh chopped

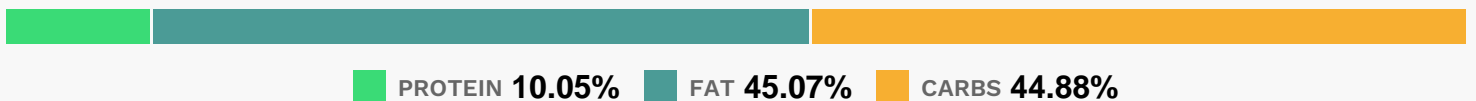
Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- microwave

Directions

- Heat oven to 350°F.
- Line large cookie sheet with cooking parchment paper. Arrange tortilla chips on cookie sheet.
- Bake 5 minutes to warm chips.
- Meanwhile, in 2-quart saucepan, heat beer over medium heat until just starting to simmer. Slowly add the cheeses in small amounts, stirring constantly with whisk, until melted. Stir in chiles.
- In medium bowl, mix beans and salsa. Microwave uncovered on High 2 to 3 minutes or until hot.
- To serve, pour half of the cheese sauce over warm chips; top with half of the bean mixture. Top with remaining cheese mixture and remaining bean mixture.
- Serve with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:17.04, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:15.041739064714%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 540.8kcal (27.04%), Fat: 27.72g (42.65%), Saturated Fat: 7.77g (48.58%), Carbohydrates: 62.12g (20.71%), Net Carbohydrates: 53.93g (19.61%), Sugar: 1.85g (2.06%), Cholesterol: 28.35mg (9.45%), Sodium: 875.85mg (38.08%), Alcohol: 0.38g (100%), Alcohol %: 0.25% (100%), Protein: 13.9g (27.81%), Phosphorus: 392.28mg (39.23%), Calcium: 367.89mg (36.79%), Fiber: 8.19g (32.75%), Magnesium: 92.86mg (23.22%), Vitamin E: 3.46mg (23.1%), Vitamin K: 21.73µg (20.7%), Selenium: 10.58µg (15.11%), Zinc: 2.22mg (14.82%), Folate: 55.59µg (13.9%), Vitamin B5: 1.36mg (13.65%), Vitamin B6: 0.26mg (12.99%), Vitamin B2: 0.21mg (12.63%), Iron: 2.27mg (12.59%), Potassium: 428.06mg (12.23%), Vitamin B1: 0.18mg (12.19%), Copper: 0.2mg (9.99%), Vitamin A: 455.25IU (9.1%), Vitamin C: 7.49mg (9.08%), Vitamin B3: 1.47mg (7.33%), Manganese: 0.14mg (7%), Vitamin B12: 0.39µg (6.43%), Vitamin D: 0.17µg (1.13%)