



Bethany's Frito® Pie

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



521 kcal

Ingredients

- ☐ 2.5 cups chili prepared
- ☐ 3 cups corn chips fritos® (such as)
- ☐ 0.8 cup onion chopped
- ☐ 1 cup cheddar cheese shredded

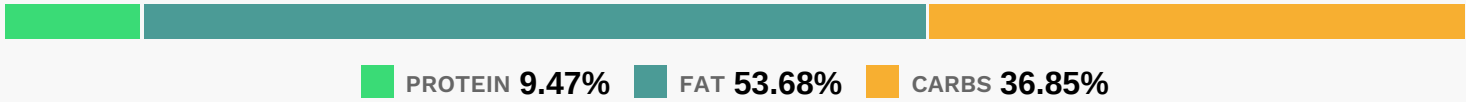
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread about 2 cups corn chips in a baking dish.
- ☐ Sprinkle half the onion and half the Cheddar cheese over chips and top with chili.
- ☐ Spread remaining 1 cup corn chips over the chili, followed by remaining chopped onion and cheese.
- ☐ Bake until hot and bubbly, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:3.89, Inflammation Score:-9, Nutrition Score:19.945217355438%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 520.5kcal (26.02%), Fat: 32.09g (49.37%), Saturated Fat: 8.33g (52.09%), Carbohydrates: 49.57g (16.52%), Net Carbohydrates: 45.01g (16.37%), Sugar: 6.51g (7.24%), Cholesterol: 28.25mg (9.42%), Sodium: 533.63mg (23.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.48%), Vitamin C: 136.94mg (165.99%), Vitamin E: 5.64mg (37.58%), Vitamin B6: 0.64mg (32%), Calcium: 310.83mg (31.08%), Phosphorus: 306.44mg (30.64%), Manganese: 0.5mg (25.16%), Vitamin A: 1176.17IU (23.52%), Magnesium: 79.71mg (19.93%), Selenium: 13.63µg (19.47%), Fiber: 4.56g (18.23%), Vitamin K: 18.08µg (17.22%), Vitamin B2: 0.26mg (15.58%), Zinc: 2.18mg (14.55%), Potassium: 462.47mg (13.21%), Copper: 0.21mg (10.43%), Iron: 1.87mg (10.37%), Folate: 38.47µg (9.62%), Vitamin B3: 1.77mg (8.86%), Vitamin B1: 0.12mg (8.03%), Vitamin B5: 0.71mg (7.14%), Vitamin B12: 0.3µg (4.99%), Vitamin D: 0.17µg (1.13%)