



Big Game Nachos

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups four cheese shredded mexican style divided kraft finely
- 1 lb ground beef
- 2 cups lettuce shredded
- 0.5 onion diced
- 0.5 cup pickled jalapeño peppers
- 1 cup taco bellâ® refried beans
- 1.5 cups taco bellâ® & chunky salsa thick
- 1 pouch taco bellâ® taco seasoning mix

- 1 large tomatoes diced
- 8 oz tortilla chips

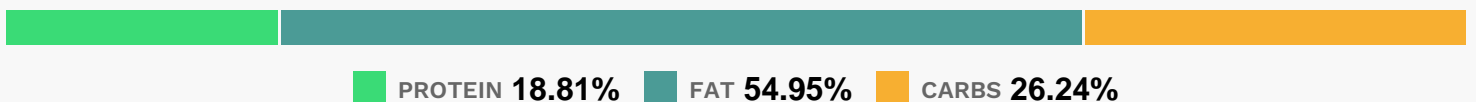
Equipment

- frying pan
- oven
- baking pan

Directions

- BROWN ground beef and then add taco seasoning mix according to the directions on the package.
- HEAT the refried beans in a separate pan.
- LINE the bottom of an 8 x 11-inch baking dish with a layer of tortilla chips. Drop spoonfuls of meat, beans, salsa, onion, jalapenos and 1/3 of the cheese. Repeat three more times for four total layers.
- BAKE at 350F for 15–20 minutes.
- REMOVE from oven and top with shredded lettuce and diced tomatoes.
- SERVE with sour cream, salsa and guacamole, if desired.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:1.47, Inflammation Score:-7, Nutrition Score:15.027391153833%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 438.79kcal (21.94%), Fat: 27g (41.54%), Saturated Fat: 10.6g (66.25%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 24.55g (8.93%), Sugar: 4.41g (4.9%), Cholesterol: 68.51mg (22.84%), Sodium: 821.61mg (35.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.8g (41.6%), Phosphorus: 311.27mg (31.13%), Calcium: 271.56mg (27.16%), Zinc: 3.98mg (26.57%), Selenium: 18.24µg (26.05%), Vitamin B12: 1.51µg (25.21%), Vitamin B6: 0.39mg (19.7%), Fiber: 4.46g (17.82%), Vitamin A: 869IU (17.38%), Vitamin B3: 3.4mg (17.02%), Vitamin K: 16.52µg (15.74%), Vitamin C: 12.6mg (15.27%), Vitamin B2: 0.26mg (15.13%), Vitamin E: 2.23mg (14.87%), Magnesium: 53.77mg (13.44%), Potassium: 457.84mg (13.08%), Iron: 2.24mg (12.45%), Vitamin B5: 0.89mg (8.9%), Vitamin B1: 0.11mg (7.57%), Manganese: 0.13mg (6.61%), Folate: 26.12µg (6.53%), Copper: 0.13mg (6.49%), Vitamin D: 0.23µg (1.51%)