



Bison Nachos

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado sliced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounces tortilla chips
- ☐ 1 pound frangelico
- ☐ 1.5 cups monterrey jack cheese shredded divided
- ☐ 0.5 cup onion chopped
- ☐ 3 cups the of 1 cos lettuce chopped
- ☐ 1 cup salsa verde fresh divided

- ☐ 4 servings cream sour
- ☐ 0.5 cup tomatoes diced
- ☐ 1 tablespoon vegetable oil

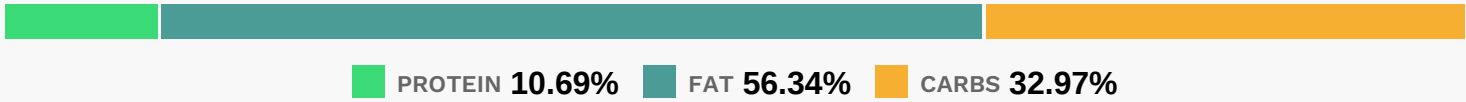
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ In a large frying pan, heat oil over high heat. Cook onion, stirring often, until softened, about 4 minutes.
- ☐ Add bison and cook, stirring well to break up meat, until no longer pink, about 4 minutes. Season with pepper.
- ☐ Meanwhile, lay half the tortilla chips evenly in the bottom of a shallow baking dish.
- ☐ Spread half of bison mixture over chips.
- ☐ Pour 1/3 cup salsa over the meat, followed by half the cheese. Repeat layers with 1/3 cup more salsa and remaining meat and cheese.
- ☐ Bake until cheese melts and chips start to brown, about 6 minutes.
- ☐ Serve nachos with lettuce, avocado, tomatoes, remaining 1/3 cup salsa, and the sour cream.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:21.919565491054%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg,

Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 604.42kcal (30.22%), Fat: 38.74g (59.61%), Saturated Fat: 12.52g (78.24%), Carbohydrates: 51.02g (17.01%), Net Carbohydrates: 43.22g (15.72%), Sugar: 6.69g (7.43%), Cholesterol: 44.79mg (14.93%), Sodium: 858.3mg (37.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.1%), Vitamin A: 4056IU (81.12%), Vitamin K: 67.99µg (64.75%), Calcium: 413.57mg (41.36%), Phosphorus: 372.21mg (37.22%), Fiber: 7.8g (31.18%), Folate: 110.43µg (27.61%), Vitamin E: 3.63mg (24.19%), Magnesium: 84.25mg (21.06%), Potassium: 674.65mg (19.28%), Vitamin B2: 0.32mg (19.03%), Zinc: 2.56mg (17.1%), Vitamin B6: 0.33mg (16.74%), Vitamin B5: 1.59mg (15.94%), Vitamin C: 12.72mg (15.42%), Selenium: 9.54µg (13.62%), Vitamin B1: 0.16mg (10.9%), Iron: 1.91mg (10.62%), Manganese: 0.21mg (10.54%), Copper: 0.21mg (10.26%), Vitamin B3: 1.65mg (8.24%), Vitamin B12: 0.38µg (6.28%), Vitamin D: 0.25µg (1.69%)