



Blue Chip Nachos

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 oz potato chips salted
- 4 oz cheese blue crumbled
- 3 tablespoons cream cheese (from 8-oz container)
- 0.3 cup whipping cream
- 1 cup walnut pieces toasted chopped
- 2 teaspoons thyme sprigs fresh chopped
- 2 teaspoons rosemary leaves fresh chopped
- 2 tablespoons balsamic reduction

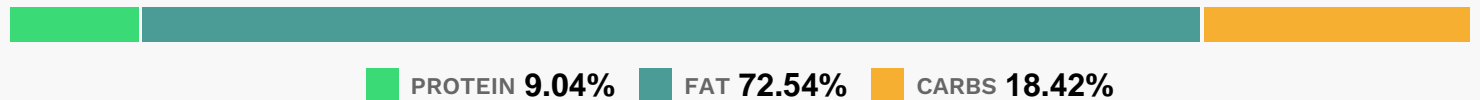
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Heat oven to 400°F. Line cookie sheet with cooking parchment paper.
- Spread potato chips in double layer on cookie sheet.
- In small bowl, mix blue cheese, whipping cream and cream cheese spread until well blended. Dollop cheese mixture onto potato chips.
- Sprinkle with walnuts.
- Bake 2 to 3 minutes or until heated. Carefully slide chips and parchment paper onto wooden board or serving platter.
- Sprinkle with thyme and rosemary; drizzle with balsamic glaze.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:6.9069565690082%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Nutrients (% of daily need)

Calories: 239.6kcal (11.98%), Fat: 20.07g (30.88%), Saturated Fat: 6.03g (37.66%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 10.19g (3.71%), Sugar: 1.4g (1.56%), Cholesterol: 21.86mg (7.29%), Sodium: 221.18mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Manganese: 0.5mg (25.11%), Phosphorus: 115.75mg (11.57%), Copper: 0.23mg (11.38%), Vitamin E: 1.69mg (11.3%), Vitamin B5: 0.93mg (9.26%), Calcium:

85.46mg (8.55%), Vitamin B6: 0.16mg (8.18%), Magnesium: 31.63mg (7.91%), Potassium: 266.57mg (7.62%), Vitamin B2: 0.1mg (5.89%), Zinc: 0.87mg (5.77%), Vitamin A: 283.49IU (5.67%), Folate: 20.57µg (5.14%), Fiber: 1.28g (5.13%), Vitamin B1: 0.08mg (5.08%), Vitamin C: 3.91mg (4.73%), Vitamin B3: 0.94mg (4.69%), Selenium: 3.18µg (4.55%), Vitamin K: 4.07µg (3.87%), Iron: 0.64mg (3.56%), Vitamin B12: 0.16µg (2.68%), Vitamin D: 0.18µg (1.22%)