



Blue Chip Nachos

 Gluten Free

READY IN



17 min.

SERVINGS



10

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 Tbsp balsamic reduction (with gria russa)
- ☐ 3 tablespoons cream cheese (tub-style softened)
- ☐ 2 teaspoons rosemary leaves (fresh chopped)
- ☐ 2 teaspoons thyme sprigs (fresh chopped)
- ☐ 4 oz cheese (blue)
- ☐ 5 oz potato chips (salted with kettle brand)
- ☐ 1 cup walnut pieces (toasted chopped)
- ☐ 0.3 cup whipping cream

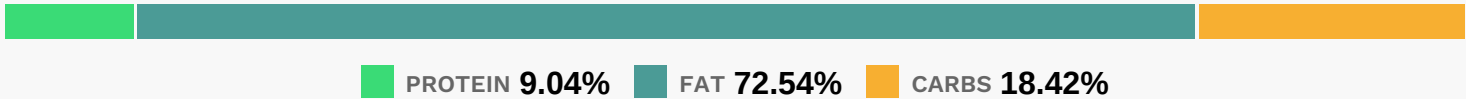
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Combine cheeses and whipping cream in a small bowl, stirring well.
- ☐ Spread whole potato chips in a double layer on a parchment paper-lined baking sheet. Dollop cheese onto potato chips.
- ☐ Sprinkle with walnuts.
- ☐ Bake at 400 for 5 minutes or until heated.
- ☐ Remove from oven, and carefully slide chips and parchment paper onto a wooden board.
- ☐ Sprinkle with herbs; drizzle with desired amount of 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%)