



## BOCA Nachos

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**10**

CALORIES



**50 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp jalapeño peppers chopped
- 0.3 cup taco bellâ® & chunky salsa thick
- 2 Tbsp milk four cheese shredded 2% mexican style kraft finely
- 0.3 cup tomatoes chopped
- 2 oz no-salt-added tortilla chips
- 1 cup boca veggie ground crumbles frozen

### Equipment

- frying pan

## Directions

- Cook crumbles and salsa in nonstick skillet on medium heat 5 min. or until crumbles are cooked through (160F), stirring occasionally.
- Place chips on plate; top with crumbles mixture and remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.8082608723122%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 50.01kcal (2.5%), Fat: 2.28g (3.51%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 4.41g (1.61%), Sugar: 0.5g (0.56%), Cholesterol: 3.03mg (1.01%), Sodium: 135.26mg (5.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin B12: 0.74µg (12.31%), Vitamin B1: 0.12mg (7.89%), Vitamin B3: 1.13mg (5.66%), Vitamin B6: 0.11mg (5.34%), Phosphorus: 43.88mg (4.39%), Fiber: 0.87g (3.48%), Iron: 0.58mg (3.2%), Vitamin B2: 0.05mg (3.02%), Calcium: 25.06mg (2.51%), Vitamin E: 0.31mg (2.06%), Zinc: 0.29mg (1.91%), Vitamin K: 1.88µg (1.79%), Magnesium: 6.89mg (1.72%), Vitamin C: 1.38mg (1.67%), Vitamin A: 80.19IU (1.6%), Potassium: 55.17mg (1.58%), Selenium: 0.82µg (1.17%), Vitamin B5: 0.12mg (1.17%)