



Cheesy Beef Nachos

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olives black sliced
- ☐ 1 cup tex mex cheese shredded kraft
- ☐ 0.3 cup guacamole
- ☐ 0.3 cup jalapeño peppers sliced
- ☐ 0.5 pound ground beef lean
- ☐ 0.3 cup onions chopped
- ☐ 0.5 cup salsa
- ☐ 0.3 cup tomatoes chopped

☐ 4 cups tortilla chips

Equipment

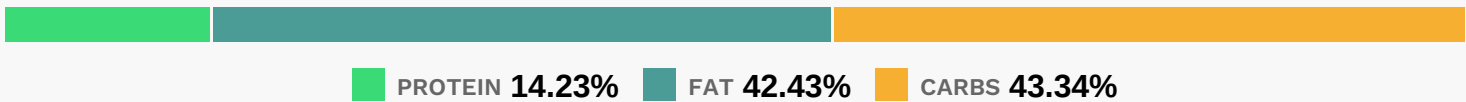
☐ frying pan

☐ microwave

Directions

- ☐ Brown meat in large skillet; drain. Stir in salsa; simmer 2 minutes.
- ☐ Arrange chips on large microwaveable plate. Top with meat mixture; sprinkle with cheese.
- ☐ Microwave on HIGH 2 to 3 minutes or until cheese is melted, rotating plate every minute. Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:21.946087075316%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 758.44kcal (37.92%), Fat: 36.6g (56.3%), Saturated Fat: 8.71g (54.45%), Carbohydrates: 84.09g (28.03%), Net Carbohydrates: 75.53g (27.47%), Sugar: 3.47g (3.86%), Cholesterol: 57.27mg (19.09%), Sodium: 937.13mg (40.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.24%), Phosphorus: 495.59mg (49.56%), Vitamin E: 5.57mg (37.11%), Zinc: 5.5mg (36.66%), Fiber: 8.56g (34.24%), Magnesium: 127.88mg (31.97%), Vitamin B12: 1.91µg (31.81%), Vitamin K: 31.43µg (29.93%), Vitamin B6: 0.58mg (29.07%), Selenium: 20.19µg (28.84%), Calcium: 287.67mg (28.77%), Vitamin B3: 4.9mg (24.51%), Vitamin B5: 2.09mg (20.89%), Iron: 3.54mg (19.69%), Potassium: 640.55mg (18.3%), Vitamin B2: 0.29mg (17.1%), Vitamin B1: 0.23mg (15.1%), Vitamin C: 10.87mg (13.17%),

Copper: 0.23mg (11.56%), Vitamin A: 543.11IU (10.86%), Folate: 37.62µg (9.4%), Manganese: 0.1mg (5.1%), Vitamin D: 0.17µg (1.12%)