



Cheesy Po-Ta-Chos

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 oz potato nuggets frozen
- 15 oz black beans rinsed drained canned
- 4 oz chilis green drained chopped canned
- 0.5 cup salsa thick
- 6 oz monterrey jack cheese shredded
- 1 medium tomatoes chopped
- 1 medium avocado pitted peeled cut into chunks
- 0.5 cup cream sour

- 1 serving cilantro leaves fresh ripe seeded thinly sliced sliced chopped (green onion, cilantro, and jalapeño pepper, olives, guacamole, additional salsa)

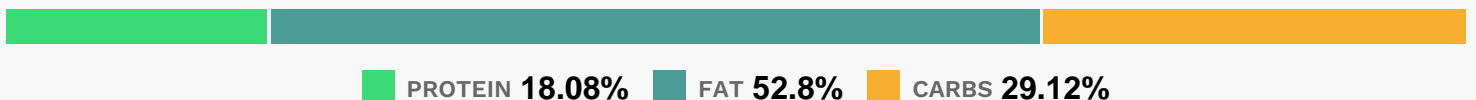
Equipment

- bowl
- baking sheet
- baking paper
- oven
- pizza pan
- aluminum foil

Directions

- Heat oven to 450°F. Arrange frozen potato nuggets in single layer on ungreased large cookie sheet.
- Bake 24 to 26 minutes until hot and crisp. Line another cookie sheet or pizza pan with cooking parchment paper or foil.
- In medium bowl, mix beans, chiles and salsa.
- Spread half of the potato nuggets on lined cookie sheet. Spoon half of the bean mixture over potatoes.
- Sprinkle with half of the cheese. Top with remaining potatoes, bean mixture and cheese.
- Bake 5 to 10 minutes or until cheese melts.
- Top with tomato and avocado.
- Serve with sour cream. Top with additional toppings as desired.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:19.794347903003%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 578.13kcal (28.91%), Fat: 36.47g (56.11%), Saturated Fat: 10.02g (62.64%), Carbohydrates: 45.26g (15.09%), Net Carbohydrates: 25.83g (9.39%), Sugar: 8.05g (8.95%), Cholesterol: 36.54mg (12.18%), Sodium: 668.74mg (29.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.11g (56.21%), Iron: 17.27mg (95.92%), Fiber: 19.43g (77.73%), Potassium: 1347.4mg (38.5%), Calcium: 282.16mg (28.22%), Phosphorus: 248.34mg (24.83%), Folate: 90.78µg (22.69%), Vitamin C: 15.12mg (18.33%), Vitamin B2: 0.29mg (16.93%), Vitamin A: 688.86IU (13.78%), Manganese: 0.27mg (13.29%), Magnesium: 50.36mg (12.59%), Copper: 0.24mg (11.92%), Vitamin B6: 0.23mg (11.63%), Zinc: 1.61mg (10.71%), Vitamin K: 10.61µg (10.11%), Vitamin B1: 0.15mg (9.79%), Selenium: 6.13µg (8.75%), Vitamin E: 1.22mg (8.1%), Vitamin B5: 0.8mg (7.98%), Vitamin B3: 1.55mg (7.75%), Vitamin B12: 0.28µg (4.59%), Vitamin D: 0.17µg (1.13%)