



## Cheesy Po-Ta-Chos

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

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

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

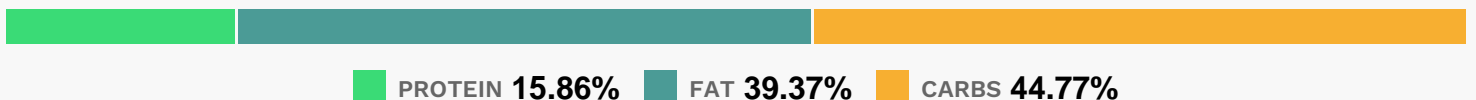
## Equipment

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

## Directions

- Heat oven to 450F. 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:36.79, Glycemic Load:19.84, Inflammation Score:-8, Nutrition Score:20.713043415028%

## 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: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

## Nutrients (% of daily need)

Calories: 392.67kcal (19.63%), Fat: 17.71g (27.25%), Saturated Fat: 8.17g (51.08%), Carbohydrates: 45.33g (15.11%), Net Carbohydrates: 33.87g (12.32%), Sugar: 3.56g (3.96%), Cholesterol: 36.54mg (12.18%), Sodium: 687.23mg (29.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.06g (32.12%), Vitamin C: 45.74mg (55.44%), Fiber: 11.46g (45.85%), Potassium: 1193.26mg (34.09%), Vitamin B6: 0.68mg (34.08%), Phosphorus: 334.83mg (33.48%), Calcium: 293.65mg (29.37%), Folate: 116.3µg (29.07%), Manganese: 0.5mg (24.88%), Magnesium: 85.25mg (21.31%), Copper: 0.4mg (20.1%), Vitamin B2: 0.34mg (19.83%), Iron: 3.36mg (18.66%), Vitamin B1: 0.27mg (17.87%), Vitamin B3: 3.16mg (15.79%), Vitamin A: 700.49IU (14.01%), Zinc: 2.05mg (13.65%), Vitamin K: 13.74µg (13.09%), Vitamin B5: 1.25mg (12.48%), Selenium: 6.59µg (9.41%), Vitamin E: 1.23mg (8.22%), Vitamin B12: 0.28µg (4.59%), Vitamin D: 0.17µg (1.13%)