



Chili Cheese Dog Nachos

 Gluten Free

READY IN



335 min.

SERVINGS



7

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices processed cheese food fat-free cut into thin strips
- 7 ounce baked tortilla chips
- 2 bell pepper chopped (different colors)
- 15 ounce beans red drained and rinsed canned
- 29 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced drained canned
- 1 cup carrots frozen sliced chopped
- 15 ounce pinto beans drained canned (pinto beans in chili sauce)

- 1 teaspoon chili powder
- 1 chipotles in adobo canned chopped
- 1 cup corn kernels sweet frozen
- 2 teaspoons garlic chopped
- 1 teaspoon ground cumin
- 1 pound pd of ground turkey raw lean
- 3 hot dogs with 40 calories and 1g fat or less each
- 1 large onion chopped
- 7 servings salt
- 2 tablespoons spring onion chopped for garnish
- 0.5 cup cream fat-free sour
- 0.5 cup onion white chopped

Equipment

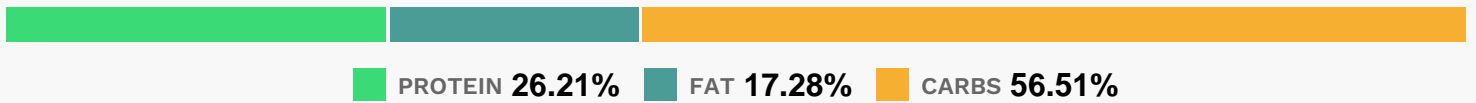
- bowl
- frying pan
- oven
- casserole dish
- broiler
- stove
- slow cooker

Directions

- Special equipment: crock pot
- Preheat broiler.
- Chop hot dogs into small pieces. Bring a skillet sprayed with nonstick spray to medium heat on the stove.
- Add chili and hot dog pieces, and cook them until thoroughly heated, about 3 minutes. Set aside.

- Arrange chips on an oven-safe platter or in a large casserole dish. Top the chips first with the chili-dog mixture and then with onion.
- Top evenly with cheese strips.
- Place under the broiler until the cheese begins to melt and bubble, about 2 minutes. Top or serve with sour cream.
- Garnish with scallions. Eat!
- Combine all of the ingredients except the turkey and salt in a large bowl.
- Add 2 teaspoons of adobo sauce from the canned chipotle peppers.
- Mix to combine and coat all of the beans and veggies with sauce.
- Put the turkey in the bottom of the crock pot and break it up into small chunks.
- Pour the chili mixture on top and mix. Cover and cook on high for 3 to 4 hours or on low for 7 to 8 hours. Stir to distribute the turkey.
- Add salt, to taste. Mmmmm!!!

Nutrition Facts



Properties

Glycemic Index:59.05, Glycemic Load:11.57, Inflammation Score:-10, Nutrition Score:38.275217377621%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 516.77kcal (25.84%), Fat: 10.31g (15.86%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 75.84g (25.28%), Net Carbohydrates: 60.11g (21.86%), Sugar: 13.5g (15%), Cholesterol: 54.8mg (18.27%), Sodium: 1510.36mg (65.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.17g (70.35%), Vitamin A: 5043.6IU (100.87%), Vitamin C: 62.69mg (75.99%), Fiber: 15.73g (62.91%), Vitamin B6: 1.21mg (60.31%), Phosphorus: 573.61mg (57.36%), Vitamin B3: 10.37mg (51.83%), Folate: 195.44µg (48.86%), Selenium: 32.63µg (46.61%), Manganese: 0.88mg (43.79%), Potassium: 1501.23mg (42.89%), Magnesium: 145.38mg (36.35%), Iron: 6.05mg (33.61%), Vitamin B1: 0.47mg (31.33%), Copper: 0.6mg (29.97%), Vitamin B2: 0.51mg (29.85%), Vitamin E: 4.16mg (27.72%), Calcium: 271.39mg (27.14%), Zinc: 3.85mg (25.69%), Vitamin K: 19.4µg (18.48%), Vitamin B5: 1.73mg (17.3%), Vitamin B12: 0.62µg

(10.25%), Vitamin D: 0.31µg (2.09%)