



Chili-Corn Chip Pie

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



513 kcal

Ingredients

- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 4 ounces lightly corn chips salted (such as Fritos)
- ☐ 6 garlic cloves minced
- ☐ 0.5 cup green onion tops diagonally sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 pound ground sirloin
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 cup lower-sodium beef broth fat-free

- ☐ 1.3 cups onion chopped
- ☐ 1.5 ounces sharp cheddar cheese shredded
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 1 tablespoon no-salt-added tomato paste
- ☐ 0.3 cup water

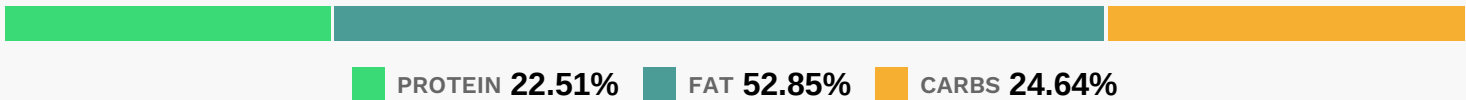
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add beef to pan; saut 5 minutes, stirring to crumble.
- ☐ Remove beef; drain. Wipe pan clean with paper towels.
- ☐ Add onion to pan; saut 4 minutes, stirring occasionally.
- ☐ Add garlic; saut 1 minute, stirring constantly. Stir in beef, cumin, pepper, and salt.
- ☐ Stir in tomato paste; cook 1 minute, stirring occasionally.
- ☐ Add broth, 1/3 cup water, and tomatoes; bring to a boil. Reduce heat to medium, and simmer 15 minutes or until slightly thick, stirring occasionally.
- ☐ Remove from heat.
- ☐ Place 1 ounce chips in each of 4 bowls, and top each serving with about 2/3 cup beef mixture, 2 tablespoons cheese, and 1 tablespoon sour cream.
- ☐ Sprinkle each serving with 2 tablespoons green onions.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:3.46, Inflammation Score:-7, Nutrition Score:22.189130767532%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg

Nutrients (% of daily need)

Calories: 512.77kcal (25.64%), Fat: 30.51g (46.93%), Saturated Fat: 9.99g (62.46%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 27.99g (10.18%), Sugar: 6.26g (6.96%), Cholesterol: 89.04mg (29.68%), Sodium: 624.42mg (27.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.46%), Vitamin B12: 2.62µg (43.61%), Zinc: 6.33mg (42.21%), Phosphorus: 365.24mg (36.52%), Selenium: 25.48µg (36.4%), Vitamin B6: 0.7mg (34.77%), Vitamin B3: 6.7mg (33.52%), Vitamin K: 34.09µg (32.47%), Potassium: 905.36mg (25.87%), Vitamin E: 3.77mg (25.15%), Iron: 4.32mg (24%), Manganese: 0.45mg (22.52%), Calcium: 206.78mg (20.68%), Vitamin B2: 0.34mg (19.85%), Vitamin C: 15.06mg (18.26%), Magnesium: 71.11mg (17.78%), Fiber: 4.01g (16.03%), Copper: 0.3mg (15.22%), Vitamin A: 589.79IU (11.8%), Vitamin B5: 1.13mg (11.27%), Vitamin B1: 0.17mg (11.11%), Folate: 40.5µg (10.13%), Vitamin D: 0.18µg (1.18%)