



Choco-Nacho from 'Ultimate Nachos

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



448 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 4 servings ground pepper
- ☐ 1.5 teaspoons ground pepper
- ☐ 4 servings yogurt (Cajeta)
- ☐ 2 cups yogurt
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 16 fries fresh prepared cut into 4 triangles
- ☐ 3.5 ounces bittersweet chocolate chopped

- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wire rack
- ☐ stove
- ☐ microwave

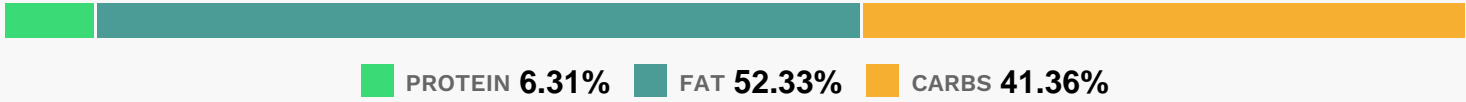
Directions

- ☐ To make the ganache in the microwave: In a microwave safe bowl, combine the chopped chocolate and heavy cream. Microwave until the chocolate starts to melt, about 1 minute.
- ☐ Stir and continue to microwave at 15-second intervals until smooth. Be careful not to burn the ganache. If it burns, there's no way to save it. When the ganache is melted and smooth, add the cayenne.
- ☐ To make the ganache on the stovetop: Fill a medium saucepan halfway with water and bring to a simmer over low heat.
- ☐ Add the chopped chocolate and cream to a heatproof glass bowl.
- ☐ Place over the saucepan of simmering water; the bottom of the bowl should not touch the water. Stir the ganache mixture until melted.
- ☐ Once it has melted, remove the bowl from the saucepan, add the cayenne, and stir the ganache until smooth. The ganache can be stored in the refrigerator for up to 2 weeks and reheated when needed
- ☐ To make the caramel: In a small bowl, dissolve the baking soda with 1 tablespoon of water and set aside.
- ☐ In a medium saucepan over medium-high heat combine the goat's milk, sugar, and vanilla. Stir regularly until the milk comes to a simmer and the sugar has dissolved.
- ☐ Remove the saucepan from the heat and stir in the baking soda and water mixture carefully, continuing to stir to keep the mixture from bubbling over. Reduce the heat to medium and continue to cook the caramel, stirring regularly, until the mixture turns pale golden, about 20

minutes.

- ☐
- To assemble the choco-nachos: Dip each tortilla chip in melted ganache halfway. Repeat this step for all 16 chips, placing them on a wire cooling rack to allow the ganache to set.
- ☐
- Once the ganache has set, drizzle the cajeta over each chip.

Nutrition Facts



Properties

Glycemic Index:49.61, Glycemic Load:18.37, Inflammation Score:-8, Nutrition Score:11.539130480393%

Nutrients (% of daily need)

Calories: 447.92kcal (22.4%), Fat: 26.49g (40.75%), Saturated Fat: 15.86g (99.14%), Carbohydrates: 47.11g (15.7%), Net Carbohydrates: 44.2g (16.07%), Sugar: 40.81g (45.34%), Cholesterol: 48.64mg (16.21%), Sodium: 161.37mg (7.02%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Caffeine: 21.33mg (7.11%), Protein: 7.19g (14.37%), Vitamin A: 1837.54IU (36.75%), Phosphorus: 229.48mg (22.95%), Manganese: 0.42mg (20.92%), Calcium: 204.74mg (20.47%), Copper: 0.38mg (19.2%), Magnesium: 68.02mg (17%), Vitamin B2: 0.27mg (15.88%), Potassium: 494.4mg (14.13%), Vitamin D: 2.08µg (13.83%), Fiber: 2.91g (11.65%), Iron: 1.94mg (10.78%), Vitamin E: 1.33mg (8.84%), Zinc: 1.18mg (7.89%), Vitamin B6: 0.15mg (7.51%), Selenium: 5.11µg (7.3%), Vitamin B1: 0.09mg (5.67%), Vitamin B5: 0.55mg (5.54%), Vitamin K: 5.32µg (5.06%), Vitamin C: 4.13mg (5.01%), Vitamin B3: 0.9mg (4.5%), Vitamin B12: 0.18µg (2.97%), Folate: 6.22µg (1.55%)