



Chorizo-Pineapple Nachos

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



1000 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz tortilla chips
- 8 oz cheddar cheese shredded
- 1 tomatoes diced
- 1 onion diced red
- 2 jalapeno diced seeded
- 1 tablespoon olive oil
- 1 bell pepper diced red
- 1 lb chorizo

- 2 oz mozzarella cheese shredded
- 1.5 cups pineapple fresh chopped
- 1 serving cilantro leaves
- 1 serving juice of lime fresh
- 1 serving cream sour

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 350°F.
- Spread tortilla chips evenly on ungreased large baking pan with sides. Top chips with 1 cup of the shredded Monterey Jack cheese. Set aside.
- In small bowl, toss together diced tomato, half of the diced red onion and 1 diced jalapeño chile. Set aside.
- Heat 10-inch skillet over medium heat.
- Add oil.
- Add remaining diced red onion, jalapeño chile and diced red bell pepper. Cook 5 to 6 minutes, stirring occasionally, until onion is soft.
- Increase heat to high; add chorizo, and cook about 10 minutes or until dark brown and cooked through.
- Remove from heat, and spoon mixture over chips.
- Sprinkle remaining Monterey Jack cheese and mozzarella cheese over chips.
- Bake about 10 minutes or until cheese is melted. Top with chopped pineapple and reserved tomato mixture.
- Sprinkle with cilantro and a spritz of lime juice. Top individual servings with sour cream.

Nutrition Facts

PROTEIN 16.38% FAT 58.01% CARBS 25.61%

Properties

Glycemic Index:68.67, Glycemic Load:5.67, Inflammation Score:-9, Nutrition Score:25.254347821941%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 1000.02kcal (50%), Fat: 64.68g (99.51%), Saturated Fat: 24.46g (152.86%), Carbohydrates: 64.25g (21.42%), Net Carbohydrates: 57.86g (21.04%), Sugar: 11.23g (12.48%), Cholesterol: 137.71mg (45.9%), Sodium: 672.46mg (29.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.09g (82.19%), Vitamin C: 84.49mg (102.41%), Calcium: 544.85mg (54.49%), Phosphorus: 491.19mg (49.12%), Vitamin A: 2200.23IU (44%), Manganese: 0.7mg (35.14%), Vitamin E: 4.11mg (27.38%), Fiber: 6.38g (25.53%), Magnesium: 95.63mg (23.91%), Vitamin K: 24.56µg (23.39%), Iron: 4.16mg (23.1%), Zinc: 3.37mg (22.48%), Vitamin B6: 0.41mg (20.68%), Selenium: 14.41µg (20.58%), Vitamin B2: 0.34mg (19.97%), Vitamin B12: 1.03µg (17.11%), Vitamin B1: 0.21mg (14.05%), Folate: 54.36µg (13.59%), Vitamin B5: 1.33mg (13.3%), Potassium: 461.25mg (13.18%), Copper: 0.19mg (9.62%), Vitamin B3: 1.59mg (7.96%), Vitamin D: 0.34µg (2.27%)