



Chorizo-Pineapple Nachos

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



1023 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chorizo
- 4 servings cilantro leaves
- 2 jalapeno diced seeded
- 4 servings juice of lime fresh
- 1 tablespoon olive oil
- 1.5 cups pineapple fresh chopped
- 1 bell pepper diced red
- 1 onion diced red

- 8 oz cheddar cheese shredded
- 2 oz mozzarella cheese shredded
- 4 servings cream sour
- 1 tomatoes diced
- 10 oz tortilla chips

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- 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 jalapeo chile. Set aside.
- Heat 10-inch skillet over medium heat.
- Add oil.
- Add remaining diced red onion, jalapeo 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 **16.08%** FAT **58.07%** CARBS **25.85%**

Properties

Glycemic Index:68.67, Glycemic Load:5.67, Inflammation Score:-9, Nutrition Score:25.797391331714%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg 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: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 1023.48kcal (51.17%), Fat: 66.45g (102.22%), Saturated Fat: 25.37g (158.55%), Carbohydrates: 66.56g (22.19%), Net Carbohydrates: 60.09g (21.85%), Sugar: 11.92g (13.25%), Cholesterol: 143.02mg (47.67%), Sodium: 675.73mg (29.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.41g (82.82%), Vitamin C: 91.34mg (110.72%), Calcium: 557.14mg (55.71%), Phosphorus: 501.21mg (50.12%), Vitamin A: 2272.61IU (45.45%), Manganese: 0.71mg (35.4%), Vitamin E: 4.19mg (27.95%), Fiber: 6.47g (25.89%), Magnesium: 98.35mg (24.59%), Vitamin K: 25.06µg (23.86%), Iron: 4.19mg (23.25%), Zinc: 3.42mg (22.8%), Vitamin B6: 0.43mg (21.3%), Selenium: 14.77µg (21.09%), Vitamin B2: 0.36mg (21.07%), Vitamin B12: 1.05µg (17.43%), Vitamin B1: 0.22mg (14.55%), Folate: 57.2µg (14.3%), Potassium: 499.22mg (14.26%), Vitamin B5: 1.39mg (13.88%), Copper: 0.2mg (10.01%), Vitamin B3: 1.63mg (8.16%), Vitamin D: 0.34µg (2.27%)