



Classic Pub Style Nachos

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup parsley fresh chopped
- 1 juice of lime juiced
- 0.3 cup olive oil
- 0.3 cup onion red chopped
- 2 cups cheddar cheese shredded divided
- 4 tomatoes seeded finely chopped
- 8 ounce tortilla chips

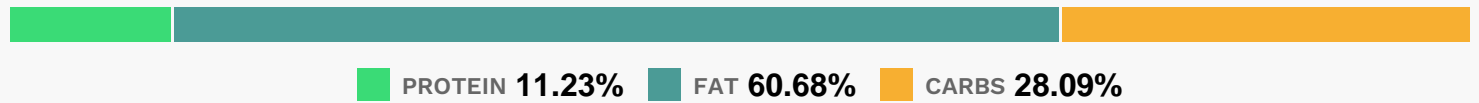
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Mix together the onion, tomatoes, parsley, olive oil, lime juice, salt and pepper in a bowl.
- Spread tortilla chips in a single layer onto a baking sheet, and spoon about 1 teaspoon of the tomato salsa onto each chip.
- Spread 1 cup of Cheddar cheese over the nachos, top the chips with another teaspoon or so of salsa, and top with the remaining 1 cup of cheese.
- Bake the nachos in the preheated oven until the cheese is bubbling, about 5 minutes.
- Serve hot with sour cream, guacamole, and any remaining salsa on the side for dipping the chips.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:16.428261000177%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 432.13kcal (21.61%), Fat: 29.84g (45.92%), Saturated Fat: 9.57g (59.81%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 27.77g (10.1%), Sugar: 2.99g (3.32%), Cholesterol: 37.67mg (12.56%), Sodium: 377.77mg (16.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.85%), Vitamin K: 102.76µg (97.86%), Calcium: 323.79mg (32.38%), Vitamin A: 1485.45IU (29.71%), Phosphorus: 282.78mg (28.28%), Vitamin C: 19.88mg

(24.09%), Vitamin E: 3.41mg (22.7%), Selenium: 12.37µg (17.67%), Zinc: 2.11mg (14.08%), Magnesium: 54.51mg (13.63%), Fiber: 3.32g (13.29%), Vitamin B2: 0.22mg (12.68%), Potassium: 335.51mg (9.59%), Vitamin B6: 0.17mg (8.68%), Folate: 34.11µg (8.53%), Vitamin B5: 0.71mg (7.11%), Iron: 1.24mg (6.86%), Vitamin B1: 0.1mg (6.85%), Vitamin B12: 0.4µg (6.65%), Manganese: 0.11mg (5.74%), Copper: 0.11mg (5.44%), Vitamin B3: 0.9mg (4.52%), Vitamin D: 0.23µg (1.51%)