



Cowboy Nachos

 Gluten Free

READY IN



1731 min.

SERVINGS



8

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup pan drippings from braised beef brisket
- ☐ 3.5 cups braised beef brisket shredded
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon garlic minced
- ☐ 1 slices toppings: guacamole sour
- ☐ 0.5 cup taco sauce
- ☐ 2 teaspoons hot sauce
- ☐ 8 oz block monterey jack cheese shredded

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 8 servings pico de gallo
- ☐ 32 oz seasoned pinto beans drained canned
- ☐ 9 oz round tortilla chips

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Cook first 4 ingredients and 1/2 cup water in a medium saucepan, stirring occasionally, over medium-low heat 5 to 7 minutes or until thoroughly heated.
- ☐ Cook brisket in hot oil in a skillet over medium heat, stirring often, 4 minutes or until thoroughly heated. Stir in taco sauce and pan drippings; cook 2 minutes.
- ☐ Divide chips, bean mixture, brisket mixture, cheese, and 1 cup Pico de Gallo among 3 pie plates.
- ☐ Bake at 425 for 5 minutes or until cheese is melted.
- ☐ Serve immediately with remaining Pico de Gallo and desired toppings.
- ☐ *1/4 cup beef broth may be substituted.
- ☐ Pico de Gallo: Stir together 6 plum tomatoes, chopped; 1/2 cup finely chopped sweet onion; 1/4 cup chopped fresh cilantro; 2 Tbsp. fresh lime juice; 1 jalapeo pepper, seeded and minced; 1 garlic clove, minced; and 1/2 tsp. salt. Makes 3 1/2 cups. Hands-on time: 15 min. Total time: 15 min.
- ☐ Note: Nachos can be baked as directed in 2 batches on an aluminum foil-lined baking sheet, topping each batch with 1 cup Pico de Gallo.

Nutrition Facts



 **PROTEIN 26.68%**  **FAT 36.5%**  **CARBS 36.82%**

Properties

Glycemic Index:19.06, Glycemic Load:4.69, Inflammation Score:-7, Nutrition Score:27.479999879132%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 634.33kcal (31.72%), Fat: 25.9g (39.84%), Saturated Fat: 9.47g (59.2%), Carbohydrates: 58.78g (19.59%), Net Carbohydrates: 46.8g (17.02%), Sugar: 6.08g (6.76%), Cholesterol: 93.99mg (31.33%), Sodium: 708.12mg (30.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.58g (85.17%), Phosphorus: 588.18mg (58.82%), Folate: 211.93µg (52.98%), Vitamin B12: 2.93µg (48.84%), Zinc: 7.19mg (47.93%), Fiber: 11.98g (47.92%), Selenium: 30.79µg (43.99%), Vitamin B6: 0.81mg (40.59%), Calcium: 304.33mg (30.43%), Magnesium: 117.04mg (29.26%), Iron: 5.21mg (28.96%), Manganese: 0.56mg (27.76%), Potassium: 946.61mg (27.05%), Vitamin B1: 0.38mg (25.33%), Vitamin B3: 5.03mg (25.16%), Vitamin B2: 0.39mg (23.14%), Vitamin E: 2.93mg (19.55%), Copper: 0.38mg (19.02%), Vitamin K: 14.29µg (13.61%), Vitamin B5: 1.07mg (10.71%), Vitamin A: 315.38IU (6.31%), Vitamin C: 2.92mg (3.55%), Vitamin D: 0.17µg (1.13%)