



Double Cheese and Bean Nachos

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups tortilla chips
- 16 oz refried beans canned
- 0.5 cup salsa
- 12 oz juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer) hot
- 0.5 cup spring onion chopped (8 medium)
- 8 oz cheddar cheese shredded

Equipment

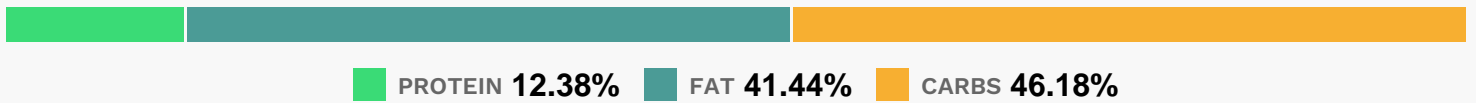
- bowl

- frying pan
- oven
- pizza pan
- aluminum foil

Directions

- Heat oven to 400°F. Line 12-inch pizza pan or 15x10x1-inch pan with foil; spray with cooking spray.
- Spread half of chips evenly on pan.
- In small bowl, mix refried beans and salsa. Drop about half of mixture by small spoonfuls over chips. Top with half each of jalapeño slices, onions and cheese. Repeat layers ending with cheese.
- Bake 10 to 12 minutes or until cheese is melted.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:9.9308696078218%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 429.71kcal (21.49%), Fat: 20.02g (30.81%), Saturated Fat: 6.44g (40.25%), Carbohydrates: 50.21g (16.74%), Net Carbohydrates: 44.27g (16.1%), Sugar: 2.98g (3.31%), Cholesterol: 26.93mg (8.98%), Sodium: 1432.17mg (62.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.46g (26.91%), Calcium: 275.53mg (27.55%), Phosphorus: 261.06mg (26.11%), Vitamin K: 26.35µg (25.09%), Fiber: 5.94g (23.77%), Vitamin E: 2.33mg (15.55%), Magnesium: 59.07mg (14.77%), Zinc: 1.7mg (11.36%), Selenium: 6.97µg (9.95%), Iron: 1.71mg (9.51%), Vitamin B2: 0.14mg (8.27%), Vitamin B5: 0.79mg (7.89%), Vitamin B6: 0.15mg (7.63%), Vitamin A: 375.92IU (7.52%), Vitamin B1: 0.1mg (6.41%), Vitamin B12: 0.35µg (5.81%), Potassium: 187.92mg (5.37%), Copper: 0.08mg (3.93%), Folate: 15.24µg (3.81%), Vitamin B3: 0.73mg (3.64%), Vitamin C: 1.48mg (1.8%), Manganese: 0.03mg (1.73%)