



Quick Dinner Nachos

 Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



1550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 oz pinto beans drained canned
- 0.3 cup cilantro leaves fresh chopped
- 8 oz mexican cheese blend with jalapeño peppers, cubed (2 cups) prepared
- 0.3 cup olives ripe sliced
- 0.3 cup cream sour
- 0.8 cup tomatoes seeded chopped
- 6 cups tortilla chips

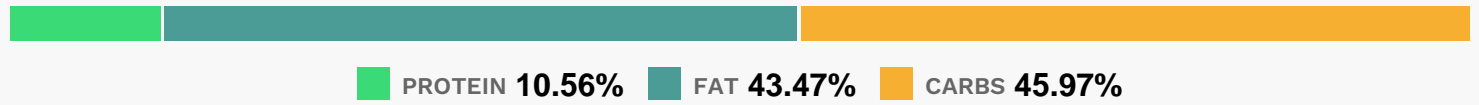
Equipment

sauce pan

Directions

- In medium saucepan, combine beans and cheese; cook over medium heat until cheese is melted, stirring frequently.
- Place 2 cups chips on each individual serving plate. Spoon about 2/3 cup bean mixture over chips. Top each with olives, tomato, sour cream and cilantro.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:7.36, Inflammation Score:-9, Nutrition Score:36.992173630258%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 1550.28kcal (77.51%), Fat: 76.74g (118.06%), Saturated Fat: 22.31g (139.41%), Carbohydrates: 182.61g (60.87%), Net Carbohydrates: 162.6g (59.13%), Sugar: 6.14g (6.82%), Cholesterol: 86.9mg (28.97%), Sodium: 1791.73mg (77.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.93g (83.86%), Phosphorus: 1012.83mg (101.28%), Calcium: 847.12mg (84.71%), Fiber: 20.01g (80.05%), Magnesium: 268.67mg (67.17%), Vitamin E: 9.9mg (66.02%), Vitamin K: 60.65µg (57.76%), Zinc: 6.43mg (42.86%), Iron: 6.29mg (34.96%), Vitamin B5: 3.24mg (32.42%), Selenium: 22.52µg (32.17%), Vitamin B6: 0.61mg (30.6%), Vitamin B1: 0.44mg (29.18%), Potassium: 1019.02mg (29.11%), Vitamin B2: 0.48mg (28.11%), Manganese: 0.53mg (26.67%), Copper: 0.52mg (26.12%), Vitamin A: 1108.79IU (22.18%), Folate: 80.87µg (20.22%), Vitamin B12: 0.98µg (16.39%), Vitamin B3: 2.69mg (13.46%), Vitamin C: 6.72mg (8.14%), Vitamin D: 0.38µg (2.52%)