



Grilled Picnic Taco Nachos



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



1012 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans rinsed mashed drained canned
- ☐ 4.5 oz chilis green drained chopped canned
- ☐ 8 oz colby cheese shredded finely
- ☐ 2 tablespoons spring onion sliced
- ☐ 2 plum tomatoes chopped (Roma)
- ☐ 2 teaspoons taco seasoning (from 1-oz package)
- ☐ 5 cups tortilla chips

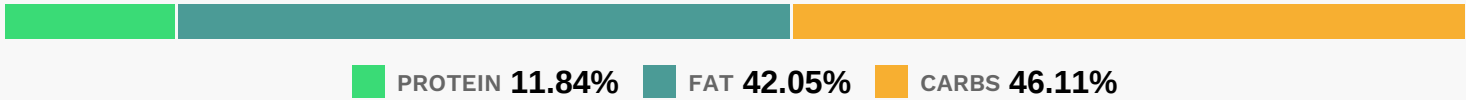
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill. Spray 12x18-inch foil pan with cooking spray.
- ☐ Spread tortilla chips in pan.
- ☐ In medium bowl, mix beans, chiles and taco seasoning mix; spoon evenly over tortilla chips. Top with tomatoes and onions.
- ☐ Sprinkle with cheese. Cover pan with foil.
- ☐ Place foil pan on grill over medium heat. Cover grill; cook 8 to 10 minutes or until cheese is melted. Carefully remove foil.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.36, Inflammation Score:-8, Nutrition Score:27.675217649211%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 1011.97kcal (50.6%), Fat: 48.42g (74.49%), Saturated Fat: 15.59g (97.44%), Carbohydrates: 119.45g (39.82%), Net Carbohydrates: 103.35g (37.58%), Sugar: 2.31g (2.57%), Cholesterol: 53.86mg (17.95%), Sodium: 1354.88mg (58.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.34%), Phosphorus: 709.43mg (70.94%), Fiber: 16.1g (64.4%), Calcium: 594.71mg (59.47%), Magnesium: 177.99mg (44.5%), Vitamin K: 40.23µg (38.32%), Vitamin E: 5.42mg (36.11%), Zinc: 4.39mg (29.28%), Folate: 116.1µg (29.02%), Iron: 5.19mg (28.84%), Vitamin B2: 0.46mg (26.98%), Vitamin B1: 0.37mg (24.99%), Selenium: 16.04µg (22.92%), Vitamin C: 18.61mg (22.56%), Potassium: 778.86mg (22.25%), Vitamin B6: 0.43mg (21.27%), Vitamin B5: 2.07mg (20.75%), Copper: 0.39mg (19.41%), Vitamin A: 905.17IU (18.1%), Manganese: 0.29mg (14.73%), Vitamin B3: 2.32mg (11.58%), Vitamin B12: 0.47µg (7.84%), Vitamin D: 0.34µg (2.27%)