



Grilled Taco Nachos

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



1250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds sausage meat cooked drained
- 9 ounces chilis green drained chopped canned
- 1 pound monterrey jack cheese shredded finely
- 0.3 cup spring onion sliced
- 1.3 cups roma tomatoes chopped (plum)
- 4 teaspoons taco seasoning (from 1-ounce package)
- 10 cups tortilla chips

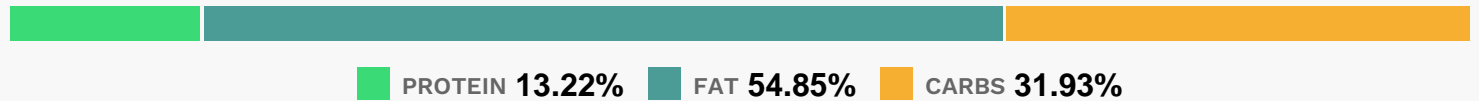
Equipment

- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat. Spray two 30x18-inch pieces of heavy-duty aluminum foil with cooking spray.
- Spread tortilla chips on centers of foil pieces.
- Mix sausage, chilies and seasoning mix; spoon over tortilla chips. Top with tomatoes and onions.
- Sprinkle with cheese.
- Wrap foil securely around tortilla chips. Cover and grill foil packets, seam sides up, 4 to 6 inches from medium heat 8 to 10 minutes or until cheese is melted

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:28.80086947524%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 1249.61kcal (62.48%), Fat: 77.19g (118.76%), Saturated Fat: 24.86g (155.4%), Carbohydrates: 101.11g (33.7%), Net Carbohydrates: 92.24g (33.54%), Sugar: 2.52g (2.8%), Cholesterol: 132.11mg (44.04%), Sodium: 1666.03mg (72.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.84g (83.69%), Phosphorus: 742.4mg (74.24%), Calcium: 603.23mg (60.32%), Zinc: 6.25mg (41.69%), Magnesium: 158.17mg (39.54%), Vitamin K: 41.5µg (39.52%), Vitamin E: 5.67mg (37.78%), Vitamin B1: 0.54mg (36.07%), Vitamin B6: 0.72mg (36.04%), Fiber: 8.87g (35.47%), Vitamin B3: 7.04mg (35.21%), Vitamin B2: 0.48mg (28.22%), Vitamin B5: 2.65mg (26.48%), Iron: 4.43mg (24.62%), Vitamin B12: 1.43µg (23.91%), Vitamin C: 17.71mg (21.47%), Selenium: 14.66µg (20.94%), Potassium: 726.9mg (20.77%), Vitamin A: 929.87IU (18.6%), Folate: 53.73µg (13.43%), Copper: 0.26mg (12.91%), Vitamin D: 1.81µg (12.1%), Manganese: 0.06mg (3.09%)