



Hot Stuff

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef
- 0.3 cup cheddar-monterey jack cheese blend shredded
- 13.5 ounce nacho-flavor tortilla chips
- 0.5 onion finely chopped
- 12 drops pepper sauce hot
- 1 quart sacramento tomato juice

Equipment

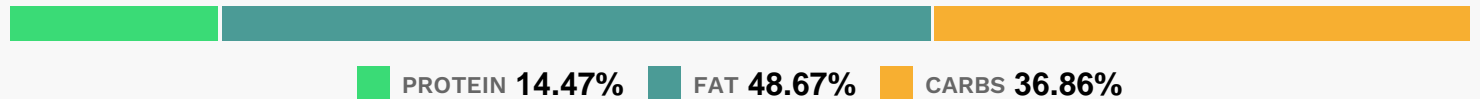
- bowl

sauce pan

Directions

- In a 2 quart saucepan over medium heat, brown the ground beef with onion until beef is no longer pink; drain fat.
- Pour in tomato juice and hot pepper sauce. Bring to a boil and cook for 10 minutes.
- Place nacho-flavor tortilla chips in a bowl and cover with meat mixture. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:14.22, Glycemic Load:2.1, Inflammation Score:-7, Nutrition Score:18.026086846124%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 541.35kcal (27.07%), Fat: 29.85g (45.92%), Saturated Fat: 8.51g (53.19%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 46.62g (16.95%), Sugar: 6.55g (7.28%), Cholesterol: 57.87mg (19.29%), Sodium: 357.12mg (15.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.94%), Vitamin C: 31.04mg (37.62%), Phosphorus: 315.14mg (31.51%), Zinc: 4.44mg (29.57%), Vitamin B12: 1.66µg (27.61%), Vitamin B6: 0.55mg (27.56%), Vitamin B3: 4.81mg (24.06%), Selenium: 15.35µg (21.93%), Magnesium: 86.07mg (21.52%), Vitamin E: 3.08mg (20.55%), Potassium: 701.48mg (20.04%), Iron: 3.18mg (17.65%), Vitamin K: 18.52µg (17.64%), Fiber: 4.24g (16.95%), Vitamin B5: 1.55mg (15.53%), Vitamin A: 751.31IU (15.03%), Vitamin B1: 0.2mg (13.44%), Calcium: 134.39mg (13.44%), Vitamin B2: 0.23mg (13.41%), Folate: 47.2µg (11.8%), Copper: 0.21mg (10.49%), Manganese: 0.13mg (6.56%)